

December 2010		FREE classes at Care1st Health Plan's Informational Resource Center			
Hospital	Topic/Title	Date/Time	L	Cost	Phone Number
California Smokers' Helpline					
	Smoking Cessation Counseling	Mon-Fri 9 am-9 pm & Sat 9 am-1 pm	E	FREE	1-800-NO-BUTTS
	Smoking Cessation Counseling	Mon-Fri 9 am-9 pm & Sat 9 am-1 pm	Sp	FREE	1-800-456-6386
	Smoking Cessation Counseling	Mon-Fri 9 am-9 pm & Sat 9 am-1 pm	Cant.	FREE	1-800-838-8917
	Smoking Cessation Counseling	Mon-Fri 9 am-9 pm & Sat 9 am-1 pm	Viet.	FREE	1-800-778-8440
	Smoking Cessation Counseling	Mon-Fri 9 am-9 pm & Sat 9 am-1 pm	Ko.	FREE	1-800-556-5564
	Smoking Cessation Counseling	Mon-Fri 9 am-9 pm & Sat 9 am-1 pm	TDD/TTY	FREE	1-800-933-4833
Care1st Health Plan Information Resource Center	5946 Pacific Blvd., Huntington Park 90255		http://www.care1st.com		
	Adult Weight Management 2 sessions	Wed 1/12 & 1/19 5-6:30pm	E	FREE; must RSVP	323-586-1610
		Thu 1/13 & 1/20 5-6:30pm	Sp	FREE; must RSVP	323-586-1610
	Living Healthier and Happier With A Chronic Illness (6 Mondays)	Mon 1/24-3/21 10am-12:30pm no meeting 2/21	E	FREE; must RSVP	323-586-1610
		Tue 1/11-2/15 10am-12:30pm	Sp	FREE; must RSVP	323-586-1610
	Nutrition Class (8 wk session)	call for schedule	E/Sp	FREE; must RSVP	323-586-1610
	Aerobics Exercise Class (ages 14 + with adult supervision)	Wed 12/1-12/22 10-11am	E/Sp	FREE; must RSVP	323-586-1610
St. Francis Medical Center	3630 E. Imperial Hwy., Lynwood 90262		http://www.stfrancismedicalcenter.org		
	Parenting	call for schedule	E/Sp	Charge	310-900-8422
Downey Regional Medical Center	11500 Brookshire Ave., Downey 90241		http://www.drnci.org/outreach/Classes.aspx		
	Healthy Heart Nutrition	Wed 12/8 3:30-4:30pm	E	FREE; must RSVP	562-904-5580
	The Stork Tea	Wed 12/1 5-6pm	E	FREE	562-904-5580
Presbyterian Intercommunity Hospital	12401 Washington Blvd., Whittier 90602		http://www.whittierpres.com/		
	Diabetes Self-Management Skills (4 sessions)	Mon 12/6-12/20 6pm, Wed 12/1-12/22 10am, & Thu 12/2-12/23 7pm	E	FREE	562-698-0811 x11320
	A New Weight to Live	Tue 12/14 7pm	E	Charge	562-947-8478 x2950
	Diabetes: Beyond the Basics	Wed 12/15 6pm	E	FREE	562-947-8478 x2950
	Asthma & Smoking Cessation	call for schedule	E	FREE	562-947-8478 x2950
	Advanced Diabetes	call for schedule	E	FREE	562-698-0811 x11320
Support Groups	Diabetes	1st Thu 5-6pm	E	FREE	562-698-0811 x2860
	Alzheimer (Registration required)	call for schedule	E	FREE	562-698-0811 x2580

For a listing of community-based organizations and their services, please call our Cultural and Linguistics Dept.

*Hospital-based Health Education Programs*

Hospital	Topic/Title	Date/Time	L	Cost	Phone Number
Whittier Hospital Medical Center	9080 Colima Rd., Whittier 90605		<a href="http://www.whittierhospital.com">http://www.whittierhospital.com</a>		
	Line Dancing	Mon 12/6-12/27 10am	E	FREE	800-613-4291
	Zumba Exercise Class	Mon 12/6-12/27 11am & Wed 12/1-12/29 2pm	E	FREE	800-613-4291
L.A. Care Health Plan (Family Resource Center)	3180 E. Imperial Highway, Lynwood 90262				
	Nutrition & Exercise	Mon 12/6-12/20 & Thu 12/2-12/30 10-11:30am	E/Sp	FREE	888-525-9693
	Salsa Dance Aerobics	Tue 12/7-12/28 & Thu 12/2-12/30 5-6pm	E/Sp	FREE	888-525-9693
	Chronic Diseases & Physical Activities	Fri 12/10 & 12/17 4-5pm	E/Sp	FREE	888-525-9693
	Zumba	Sat 12/4-12/18 noon-1pm	E/Sp	FREE	888-525-9693
	Diabetes (6 week session)	call for schedule	E/Sp	FREE	888-525-9693
	Pilates in the hood/Physical Perfection	Mon 12/6-12/20 4-5pm	E	FREE	888-525-9693
	Helpful Parenting Tips	Fri 12/3 & 12/17 5-6:30pm	Sp	FREE	888-525-9693
	Diabetes Self-Management Skills (4 sessions)	call for schedule	E	FREE	888-525-9693
	CPR/First Aid	Wed 12/15 11:30am-6pm	E	FREE	888-525-9693
		Wed 12/1 & 12/8 noon-3:30pm	Sp	FREE	888-525-9693
	Nutrition & Healthy Eating Habits for the Family	Sat 12/4-12/18 10:30-11:30am	Sp	FREE	888-525-9693
	Children's Physical Fitness	Tue 12/7-12/28 & Thu 12/2-12/30 4-5pm	E/Sp	FREE	888-525-9693
	Asthma	Wed 12/8 4:30-5:30pm	E/Sp	FREE	888-525-9693
	Together Against Stroke	Tue 12/14 4-5pm	E/Sp	FREE	888-525-9693
	Fighting Stress with Yoga	Wed 12/22 4-5pm	E/Sp	FREE	888-525-9693
	Family Emergency Preparedness	Wed 12/1 4:30-5:30pm	E	FREE	888-525-9693
Support Groups	Self-Esteem/Domestic Violence	Fri 12/10 5-6:30pm	Sp	FREE	888-525-9693
L.A. Care Health Plan (Family Resource Center)	3111 W. Century Blvd., Inglewood, 90303		<a href="http://www.lacare.org">http://www.lacare.org</a>		
	Pilates	Mon 12/6-12/20 & Thu 11/2, 11/16 & 11/30 6-7pm	E	FREE	888-213-9374
	HIV Educational/Peer Training (Adults)	Tue 12/7 & 12/21 3:30-5pm	E	FREE	888-213-9374
	Nutrition and Healthy Cooking	Tue 12/7 & 12/14 6-7pm	E	FREE	888-213-9374
	Zumba (cardio)	Wed 12/1-12/22 5:30-6:45pm	E/Sp	FREE	888-213-9374
	Black Infant Health	call for schedule	E	FREE	888-213-2974

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L.A. Care Health Plan (Family Resource Center) cont.	Mommy and Me	Fri 12/17 10am-noon	E/Sp	FREE	888-213-9374
	Line Dancing	Fri 12/3-12/17 1-2:30pm	E/Sp	FREE	888-213-9374
	Dance Academy (ages 5-15)	Sat 12/4-12/18 9-10:30am	E	FREE	888-213-9374
	Yoga and Balance Seniors	Wed 12/1-12/29 10-11:30am	E/Sp	FREE	888-213-9374
<b>Mother Net L.A.</b>	<b>409 E. Palmer St., Compton 90221</b>				
Support Groups	Womens	call for schedule	Sp	FREE	310-764-0955
	Parenting	call for schedule	E/Sp	FREE	310-764-0955

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