

Venice Family Clinic



Exercise Classes Calendar / Calendario de Clases de Ejercicio

April 2018/ Abril 2018

Classes are free and open to the Community/ Clases son gratis y están disponibles a la comunidad

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Exercise Class 9-10am (Simms)</p> <p>Yoga 5-6pm (Simms)</p> <p><u>Yoga Cancelled</u> 12:30pm-1:30pm (Colen)</p>	<p>3</p> <p>Baby Shower 9-11am (Levine)</p> <p>Prenatal Yoga 12-1pm (Levine) *Call to register *llame para registrase</p> <p>Yoga 5:00-6:00pm (Colen)</p>	<p>4</p>	<p>5</p> <p>Exercise Class 3:30-4:30pm (Simms)</p> <p>Yoga 5-6 pm (Simms)</p> <p>Yoga 5:30-6:30 pm (Colen)</p>	<p>6</p> <p>Exercise Class 9-10am (Simms)</p> <p>Yoga 12-1pm (Simms)</p> <p>Yoga 11:30am-12:30 (Colen)</p> <p>Kids Zumba 4-5pm (Colen)</p>
<p>9</p> <p>Exercise Class 9-10am (Simms)</p> <p>Yoga 5-6pm (Simms)</p> <p>Yoga 12:30pm-1:30pm (Colen)</p>	<p>10</p> <p>Yoga 5:00-6:00pm (Colen)</p> <p>Prenatal Yoga 12-1pm (Levine) *Call to register *llame para registrase</p>	<p>11</p>	<p>12</p> <p>Exercise Class 3:30-4:30pm (Simms)</p> <p><u>Yoga Cancelled</u> 5-6 pm (Simms)</p> <p>Yoga 5:30-6:30 pm (Colen)</p>	<p>13</p> <p>Exercise Class 9-10am (Simms)</p> <p>Yoga 12-1pm (Simms)</p> <p>Yoga 11:30am-12:30 (Colen)</p> <p>Kids Zumba 4-5pm (Colen)</p>
<p>16</p> <p>Exercise Class 9-10am (Simms)</p> <p>Yoga 5-6pm (Simms)</p> <p>Yoga 12:30pm-1:30pm (Colen)</p>	<p>17</p> <p>Yoga 5:00-6:00pm (Colen)</p> <p>Prenatal Yoga 12-1pm (Levine) *Call to register *llame para registrase</p>	<p>18</p>	<p>19</p> <p>Exercise Class 3:30-4:30pm (Simms)</p> <p><u>Yoga Cancelled</u> 5-6 pm (Simms)</p> <p>Yoga 5:30-6:30 pm (Colen)</p>	<p>20</p> <p>Exercise Class 9-10am (Simms)</p> <p>Yoga 12-1pm (Simms)</p> <p>Yoga 11:30am-12:30 (Colen)</p> <p>Kids Zumba 4-5pm (Colen)</p>
<p>23</p> <p>Exercise Class 9-10am (Simms)</p> <p>Yoga 5-6pm (Simms)</p> <p>Yoga 12:30pm-1:30pm (Colen)</p>	<p>24</p> <p>Car Seat Class 9-11am (Levine)</p> <p>Yoga 5:00-6:00pm (Colen)</p> <p><u>Prenatal Yoga Cancelled</u> 12-1pm (Levine) *Call to register *llame para registrase</p>	<p>25</p>	<p>26</p> <p>Exercise Class 3:30-4:30pm (Simms)</p> <p><u>Yoga Cancelled</u> 5-6 pm (Simms)</p> <p>Yoga 5:30-6:30 pm (Colen)</p>	<p>27</p> <p>Exercise Class 9-10am (Simms)</p> <p><u>Yoga Cancelled</u> 12-1pm (Simms)</p> <p>Yoga 11:30am-12:30 (Colen)</p> <p>Kids Zumba 4-5pm (Colen)</p>
<p>30</p> <p>Exercise Class 9-10am (Simms)</p> <p>Yoga 5-6pm (Simms)</p> <p>Yoga 12:30pm-1:30pm (Colen)</p>				

Simms/ Mann Health Center (Simms)
2509 Pico Blvd, Santa Monica, Ca 90405

Frederick R. Weisman (Rose)
604 Rose Ave, Venice, Ca 90291

Colen Health Center (Colen)
4700 Inglewood Blvd, Los Angeles, Ca 90230

Levine Health Center (Levine)
905 Venice Blvd, Venice, Ca 90291

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Health Education Classes / Clases de Educación para la Salud

April 2018 / Abril 2018

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Monday	Tuesday	Wednesday	Thursday	Friday
2 Diabetes/Nutrition Class (Español) 9:30am-11:30am (Colen)	3	4	5 CHLA Nutrition Class 12:00pm-1:00pm (Colen) KP KIDS Nutrition Class 5:00-7:00pm (Virginia Park)	6
9 Diabetes/Nutrition Class (Español) 9:30am-11:30am (Colen)	10	11 Diabetes Group Visit with Provider (Español) 9-11:30am (Simms)	12 CHLA Nutrition Class 12:00pm-1:00pm (Colen) KP KIDS Nutrition Class 5:00-7:00p m (Virginia Park)	13
16 Diabetes/Nutrition Class (Español) 9:30am-11:30am (Colen)	17	18 Diabetes Group Visit with Provider (Español) 9-11:30am (Simms)	19 CHLA Nutrition Class 12:00pm-1:00pm (Colen) KP KIDS Nutrition Class 5:00-7:00pm (Virginia Park)	20
23	24	25 Diabetes Group Visit with Provider (Español) 9-11:30am (Simms)	26 CHLA Nutrition Class 12:00pm-1:00pm (Colen) KP KIDS Nutrition Class 5:00-7:00p (Virginia Park)	27
30				

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