

# Venice Family Clinic



## Exercise Classes Calendar / Calendario de Clases de Ejercicio

January 2018/ Enero 2018

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p><b><u>CLINIC CLOSED</u></b> <b><u>CLINICA CERRADA</u></b> <b>Happy New Year</b></p>	<p>2</p> <p><b>Yoga</b> 5:00-6:00pm (Colen)</p> <p><b>Prenatal Yoga</b> 12-1pm (Levine) *Call to register *llame para registrase</p>	<p>3</p>	<p>4</p> <p><b>Exercise Class</b> 3:30-4:30pm (Simms)</p> <p><b>Yoga</b> 5-6 pm (Simms)</p> <p><b>Yoga</b> 5:30pm-6:30 pm (Colen)</p>	<p>5</p> <p><b>Exercise Class</b> 9-10am (Simms)</p> <p><b>Yoga</b> 11:30am-12:30pm (Colen)</p> <p><b>Yoga</b> 12-1pm (Simms)</p>
<p>8</p> <p><b>Exercise Class</b> 9-10am (Simms)</p> <p><b>Yoga</b> 5-6pm (Simms)</p>	<p>9</p> <p><b>Yoga</b> 5:00-6:00pm (Colen)</p> <p><b>Prenatal Yoga</b> 12-1pm (Levine) *Call to register *llame para registrase</p>	<p>10</p>	<p>11</p> <p><b>Exercise Class</b> 3:30-4:30pm (Simms)</p> <p><b>Yoga</b> 5-6 pm (Simms)</p> <p><b>Yoga</b> 5:30pm-6:30 pm (Colen)</p>	<p>12</p> <p><b>Exercise Class</b> 9-10am (Simms)</p> <p><b>Yoga</b> 11:30am-12:30pm (Colen)</p> <p><b>Yoga</b> 12-1pm (Simms)</p> <p><b>Kids Zumba</b> 4:00pm-5:00pm (Colen)</p>
<p>15</p> <p><b><u>CLINIC CLOSED</u></b> <b><u>CLINICA CERRADA</u></b> <b>Martin Luther King Jr. Day</b></p>	<p>16</p> <p><b>Yoga</b> 5:00-6:00pm (Colen)</p> <p><b>Prenatal Yoga</b> 12-1pm (Levine) *Call to register *llame para registrase</p>	<p>17</p>	<p>18</p> <p><b>Exercise Class</b> 3:30-4:30pm (Simms)</p> <p><b>Yoga</b> 5-6 pm (Simms)</p> <p><b>Yoga</b> 5:30pm-6:30 pm (Colen)</p>	<p>19</p> <p><b>Exercise Class</b> 9-10am (Simms)</p> <p><b>Yoga</b> 11:30am-12:30pm (Colen)</p> <p><b>Yoga</b> 12-1pm (Simms)</p> <p><b>Kids Zumba</b> 4:00pm-5:00pm (Colen)</p>
<p>22</p> <p><b>Exercise Class</b> 9-10am (Simms)</p> <p><b>Yoga</b> 5-6pm (Simms)</p>	<p>23</p> <p><b>Yoga</b> 5:00-6:00pm (Colen)</p> <p><b>Prenatal Yoga</b> 12-1pm (Levine) *Call to register *llame para registrase</p>	<p>24</p>	<p>25</p> <p><b>Exercise Class</b> 3:30-4:30pm (Simms)</p> <p><b>Yoga</b> 5-6 pm (Simms)</p> <p><b>Yoga</b> 5:30pm-6:30 pm (Colen)</p>	<p>26</p> <p><b>Exercise Class (Cancelled)</b> 9-10am (Simms)</p> <p><b>Yoga</b> 11:30am-12:30pm (Colen)</p> <p><b>Yoga</b> 12-1pm (Simms)</p> <p><b>Kids Zumba</b> 4:00pm-5:00pm (Colen)</p>
<p>29</p> <p><b>Exercise Class</b> 9-10am (Simms)</p> <p><b>Yoga</b> 5-6pm (Simms)</p>	<p>30</p> <p><b>Yoga</b> 5:00-6:00pm (Colen)</p> <p><b>Prenatal Yoga</b> 12-1pm (Levine) *Call to register *llame para registrase</p>	<p>31</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

January 2018 / Enero 2018

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Monday	Tuesday	Wednesday	Thursday	Friday
1 <b><u>CLINIC CLOSED</u></b> <b><u>CLINICA CERRADA</u></b> Happy New Year	2	3	4	5
8	9	10	11	12 Day Laborers Class 8-9:30 am (Simms)
15 <b><u>CLINIC CLOSED</u></b> <b><u>CLINICA CERRADA</u></b> Martin Luther King Jr. Day	16	17 Diabetes Group Visit with Provider (Español) 9-11:30am (Simms)	18 KP KIDS Nutrition Class 5:00-7:00p (Virginia Park)	19
22	23 Baby Shower 9:00-11am (Colen) (Bilingual)	24 Diabetes Group Visit with Provider (Español) 9-11:30am (Simms)	25 KP KIDS Nutrition Class 5:00-7:00p (Virginia Park)  CHLA Nutrition Class 1:00pm-2:00pm (Colen)	26 Diabetes Education DEEP (Spanish) 10am-12pm (Levine)
29	30	31 Diabetes Group Visit with Provider (Español) 9-11:30am (Simms)		

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