Venice Family Clinic

Exercise Classes Calendar / Calendario de Clases de Ejercicio

November 2017 / Noviembre 2017

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

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2 **Exercise Class** 3:30-4:30pm (Simms) **Yoga** 5:30-6:30pm (Colen)	3 **Exercise Class** 9-10am (Simms) **Yoga** 12-1pm (Simms) **Kids Zumba Class** 4-5pm (Colen)
6 **Exercise Class** 9-10am (Simms) **Yoga** 5-6pm (Simms)	7 **Prenatal Yoga** 12-1pm (Levine) ***Call to register** ***llame para registrase** **Yoga Cancelled** 5:00-6:00pm (Colen)	8	9 **Exercise Class** 3:30-4:30pm (Simms) **Yoga** 5:30-6:30pm (Colen) **Yoga** 5-6pm (Simms)	10 **VFC HOLIDAY** **~*~*~*~*~** **CLINIC CLOSED** **CLINICA CERRADA**
13 **Exercise Class** 9-10am (Simms) **Yoga** 5-6pm (Simms)	14 **Prenatal Yoga** 12-1pm (Levine) ***Call to register** ***llame para registrase** **Yoga** 5:00-6:00pm (Colen)		16 **Exercise Class** 3:30-4:30pm (Simms) **Yoga** 5:30-6:30pm (Colen) **Yoga** 5-6pm (Simms)	17 **Exercise Class** 9-10am (Simms) **Yoga** 12-1pm (Simms) **Kids Zumba Class** 4-5pm (Colen)
20 **Exercise Class** 9-10am (Simms) **Yoga** 5-6pm (Simms)	21 **Prenatal Yoga** 12-1pm (Levine) ***Call to register** ***llame para registrase** **Yoga** 5:00-6:00pm (Colen)		23 **VFC HOLIDAY** **~*~*~*~*~** **CLINIC CLOSED** **CLINICA CERRADA**	24 **VFC HOLIDAY** **~*~*~*~*~** **CLINIC CLOSED** **CLINICA CERRADA**
27 **Exercise Class** 9-10am (Simms) **Yoga** 5-6pm (Simms)	28 **Prenatal Yoga** 12-1pm (Levine) ***Call to register** ***llame para registrase** **Yoga** 5:00-6:00pm (Colen)		30 **Exercise Class** 3:30-4:30pm (Simms) **Yoga** 5:30-6:30pm (Colen) **Yoga** 5-6pm (Simms)	

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

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

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

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

Health Education Department/ Departamento de Educación para la Salud (310) 664-7525

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Health Education Classes / Clases de Educación para la Salud

NOVEMBER 2017 / NOVIEMBRE 2017

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Monday	Tuesday	Wednesday	Thursday	Friday
		1 **Diabetes Group Visit with Provider (Español)** 9-11:30am (Simms)	2 **Nutrition Classes- Champions for Change (English &Español)** 12:30pm (Colen) **Diabetes Support Group (Spanish)** 4-6pm (Rose)	3 **Diabetes Education DEEP (Spanish)** 9:30am-11:30am (Colen) **ABC's of Diabetes (Español)** 10am-11am(Levine)
6 **Nutrition Classes– Champions for Change** (English &Español) 11:00am (Colen)	7 **Baby Shower** 9am (Colen) **Nutrition Workshop** 9:30am-11:30am (Colen)	8 **Diabetes Group Visit with Provider (Español)** 9-11:30am (Simms)	9 **Nutrition Classes- Champions for Change (English & Español)** 12:30pm (Colen) **Diabetes Support Group (Spanish)** 4-6pm (Rose)	10 **VFC HOLIDAY** ~*~*~*~*~ **CLINIC CLOSED** **CLINICA CERRADA**
13 **Nutrition Classes- Champions for Change** (English &Español) 11:00am (Colen)	14 **Car Seat Safety Class (Español)** 9am (Colen) **Nutrition Workshop** 9:30am-11:30am (Colen)	15 **Diabetes Group Visit with Provider (Español)** 9-11:30am (Simms)	16 **Nutrition Classes- Champions for Change (English & Español)** 12:30pm (Colen) **Diabetes Support Group (Spanish)** 4-6pm (Rose)	17 **Day Laborers Class** 8-9:30 am (Simms) **ABC's of Diabetes (English)** 10am-11am(Levine)
20 **Nutrition Classes- Champions for Change** (English &Español) 11:00am (Colen) **ABC's of Diabetes (Español)** 4-5pm (Rose)	21 **Nutrition Workshop** 9:30am-11:30am (Colen)	22 **Diabetes Group Visit with Provider (Español)** 9-11:30am (Simms)	23 **VFC HOLIDAY** ~*~*~*~*~ **CLINIC CLOSED** **CLINICA CERRADA**	24 **VFC HOLIDAY** ~*~*~*~*~ **CLINIC CLOSED** **CLINICA CERRADA**
27 **ABC's of Diabetes (English)** 4-5pm (Rose)	28 **Nutrition Workshop** 9:30am-11:30am (Colen)	29	30 **Diabetes Support Group (Spanish)** 4-6pm (Rose)	

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