

Venice Family Clinic



Exercise Classes Calendar / Calendario de Clases de Ejercicio

October 2017 / Octubre 2017

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>3</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 5-6 pm (Colen)</p>	<p>6</p> <p>Exercise Class 9-10am (Simms)</p> <p><u>Yoga Cancelled</u> 12-1pm (Simms)</p> <p>Kids Zumba Class 4-5pm (Colen)</p>
<p>9</p> <p>Exercise Class 9-10am (Simms)</p> <p>Yoga 5-6pm (Simms)</p>	<p>10</p> <p>Yoga 5:00-6:00pm (Colen)</p>	<p>11</p>	<p>12</p> <p>Exercise Class 3:30-4:30pm (Simms)</p> <p>Yoga 5-6 pm (Simms)</p> <p>Yoga 5-6 pm (Colen)</p>	<p>13</p> <p>Exercise Class 9-10am (Simms)</p> <p>Yoga 12-1pm (Simms)</p> <p>Kids Zumba Class 4-5pm (Colen)</p>
<p>16</p> <p>Exercise Class 9-10am (Simms)</p> <p>Yoga 5-6pm (Simms)</p>	<p>17</p> <p>9:30-11:30am Parent Nutrition Class (Colen)</p> <p>Yoga 5:00-6:00pm (Colen)</p>	<p>18</p>	<p>19</p> <p>Exercise Class 3:30-4:30pm (Simms)</p> <p>Yoga 5-6 pm (Simms)</p> <p>Yoga 5-6 pm (Colen)</p>	<p>20</p> <p>Exercise Class 9-10am (Simms)</p> <p>Yoga 12-1pm (Simms)</p> <p>Kids Zumba Class 4-5pm (Colen)</p>
<p>23</p> <p>Exercise Class 9-10am (Simms)</p> <p>Yoga 5-6pm (Simms)</p>	<p>24</p> <p>9:30-11:30am Parent Nutrition Class (Colen)</p> <p>Prenatal Yoga 12pm– 1pm (Levine)</p> <p>Yoga 5:00-6:00pm (Colen)</p>	<p>25</p>	<p>26</p> <p>Exercise Class 3:30-4:30pm (Simms)</p> <p>Yoga 5-6 pm (Simms)</p> <p>Yoga 5-6 pm (Colen)</p>	<p>27</p> <p>Exercise Class 9-10am (Simms)</p> <p>Yoga 12-1pm (Simms)</p> <p>Kids Zumba Class 4-5pm (Colen)</p>
<p>30</p> <p>Exercise Class 9-10am (Simms)</p> <p>Yoga 5-6pm (Simms)</p>	<p>31</p> <p>9:30-11:30am Parent Nutrition Class (Colen)</p> <p>Prenatal Yoga 12pm– 1pm (Levine)</p> <p>Yoga 5:00-6:00pm (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

October 2017 / Octubre 2017

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

Monday	Tuesday	Wednesday	Thursday	Friday
2	3 Car Seat Safety Class (English) 1:00pm (Simms)	4 Diabetes Group Visit with Provider (Español) 9-11:30am (Simms) Diabetes Education DEEP (Spanish) 4-6pm (Rose)	5 Diabetes Support Group (Spanish) 4-6pm (Rose) KP Kids Virginia Park 5pm-7pm	6 Diabetes Education DEEP(Spanish) 9:30-11:30am (Colen) Diabetes Education DEEP (Spanish) 10am-12pm (Levine)
9	10	11 Diabetes Group Visit with Provider (Español) 9-11:30am (Simms) Diabetes Education DEEP (Spanish) 4-6pm (Rose)	12 Diabetes Support Group (Spanish) 4-6pm (Rose) KP Kids Virginia Park 5pm-7pm	13 Day Laborers Class 8-9:30 am (Simms) Diabetes Education DEEP (Spanish) 10am-12pm (Levine)
16 ABC's of Diabetes (Español) 4-5pm (Rose)	17 Parent Nutrition Class 9:30am-11:30am (Colen)	18 Diabetes Group Visit with Provider (Español) 9-11:30am (Simms)	19 Diabetes Support Group (Spanish) 4-6pm (Rose) KP Kids Virginia Park 5pm-7pm	20 Diabetes Education DEEP(Spanish) 9:30-11:30am (Colen)
23 ABC's of Diabetes (English) 4-5pm (Rose)	24 Parent Nutrition Class 9:30am-11:30am (Colen)	25 Diabetes Group Visit with Provider (Español) 9-11:30am (Simms)	26 Diabetes Support Group (Spanish) 4-6pm (Rose) KP Kids Virginia Park 5pm-7pm	27 Diabetes Education DEEP(Spanish) 9:30-11:30am (Colen)
30	31 Baby Shower 9am (Simms) Parent Nutrition Class 9:30am-11:30am (Colen)			

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