

Venice Family Clinic



Exercise Classes Calendar / Calendario de Clases de Ejercicio

September 2017 / Septiembre 2017

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

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Exercise Class 9-10am (Simms) Yoga Cancelled 12-1pm (Simms)
4 Holiday! Clinic Closed Clínica Cerrada!	5 Yoga 5:00-6:00pm (Colen)	6	7 Exercise Class 3:30-4:30pm (Simms) Yoga 5-6 pm (Simms) Kids Zumba Class 4-5pm (Colen) Yoga 5-6 pm (Colen)	8 Exercise Class 9-10am (Simms) Yoga Cancelled 12-1pm (Simms)
11 Exercise Class 9-10am (Simms) Kids Zumba Class 4-5pm (Colen) Yoga 5-6pm (Simms)	12 Yoga 5:00-6:00pm (Colen)	13	14 Exercise Class 3:30-4:30pm (Simms) Yoga 5-6 pm (Simms) Kids Zumba Class 4-5pm (Colen) Yoga 5-6 pm (Colen)	15 Exercise Class 9-10am (Simms) Yoga Cancelled 12-1pm (Simms)
18 Exercise Class 9-10am (Simms) Kids Zumba Class 4-5pm (Colen) Yoga 5-6pm (Simms)	19 Yoga 5:00-6:00pm (Colen)	20	21 Exercise Class 3:30-4:30pm (Simms) Yoga 5-6 pm (Simms) Kids Zumba Class 4-5pm (Colen) Yoga 5-6 pm (Colen)	22 Exercise Class 9-10am (Simms) Yoga Cancelled 12-1pm (Simms)
25 Exercise Class 9-10am (Simms) Kids Zumba Class 4-5pm (Colen) Yoga 5-6pm (Simms)	26 Yoga 5:00-6:00pm (Colen)	27	28 Exercise Class 3:30-4:30pm (Simms) Yoga 5-6 pm (Simms) Kids Zumba Class 4-5pm (Colen) Yoga 5-6 pm (Colen)	29 Exercise Class 9-10am (Simms) Yoga Cancelled 12-1pm (Simms)

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

Venice Family Clinic



Health Education Classes / Clases de Educación para la Salud

September 2017 / Septiembre 2017

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

Monday	Tuesday	Wednesday	Thursday	Friday
				1
4 Holiday! Clinic Closed Clínica Cerrada!	5	6 Diabetes Group Visit with Provider (Spanish) 9-11:30am (Simms) Diabetes Education DEEP (Spanish) 4-6pm (Rose)	7 Diabetes Support Group (Spanish) 4-5:30pm (Rose)	8 Day Laborers Class 8-9:30 am (Simms) Diabetes Education DEEP (Spanish) 10am-12pm (Levine)
11	12 Baby Shower 9am (Colen) ABC's of Diabetes (Spanish) 10-11am (Levine)	13 Diabetes Group Visit with Provider (Spanish) 9-11:30am (Simms) Diabetes Education DEEP (Spanish) 4-6pm (Rose)	14 KP Kids Virginia Park 5-7p Diabetes Support Group (Spanish) 4-5:30pm (Rose)	15 Diabetes Education DEEP (Spanish) 9:30am-11:30am (Colen) Diabetes Education DEEP (Spanish) 10am-12pm (Levine)
18 ABC's of Diabetes (Spanish) 4-5pm (Rose) Hypertension Management Class (Spanish) 4-5 pm (Levine)	19	20 Diabetes Group Visit with Provider (Spanish) 9-11:30am (Simms)	21 KP Kids Virginia Park 5-7p Diabetes Support Group (Spanish) 4-5:30pm (Rose)	22 Diabetes Education DEEP (Spanish) 9:30am-11:30am (Colen) Diabetes Education DEEP (Spanish) 10am-12pm (Levine)
25 ABC's of Diabetes (English) 4-5pm (Rose) Hypertension Management Class (English) 4-5 pm (Levine)	26 Car Seat Safety Class (Spanish) 9am (Colen) ABC's of Diabetes (English) 10-11am (Levine)	27 Diabetes Group Visit with Provider (Spanish) 9-11:30am (Simms) Diabetes Education DEEP (Spanish) 4-6pm (Rose)	28 KP Kids Virginia Park 5-7p Diabetes Support Group (Spanish) 4-5:30pm (Rose)	29 Diabetes Education DEEP(Spanish) 9:30am-11:30am (Colen) Diabetes Education DEEP (Spanish) 10am-12pm (Levine)

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