

# Venice Family Clinic



## Exercise Classes Calendar / Calendario de Clases de Ejercicio

February 2018/ Febrero 2018

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

Monday	Tuesday	Wednesday	Thursday	Friday
			1 <b>Exercise Class</b> 3:30-4:30pm (Simms)  <b>Yoga</b> 5-6 pm (Simms)  <b>Yoga</b> 5:30-6:30 pm (Colen)	2 <b>Exercise Class</b> 9-10am (Simms)  <b>Yoga</b> 12-1pm (Simms)  <b>Yoga</b> 11:30am-12:30 (Colen)  <b>Kids Zumba</b> 4-5pm (Colen)
5 <b>Exercise Class</b> 9-10am (Simms)  <b>Yoga</b> 5-6pm (Simms)	6 <b>Yoga</b> 5:00-6:00pm (Colen)  <b>Prenatal Yoga</b> 12-1pm (Levine) *Call to register *llame para registrase	7	8 <b>Exercise Class</b> 3:30-4:30pm (Simms)  <b>Yoga</b> 5-6 pm (Simms)  <b>Yoga</b> 5:30-6:30 pm (Colen)	9 <b>Exercise Class</b> 9-10am (Simms)  <b>Yoga</b> 12-1pm (Simms)  <b>Yoga</b> 11:30am-12:30 (Colen)  <b>Kids Zumba</b> 4-5pm (Colen)
12 <b>Exercise Class</b> 9-10am (Simms)  <b>Yoga</b> 5-6pm (Simms)	13 <b>Yoga</b> 5:00-6:00pm (Colen)  <b>Prenatal Yoga</b> 12-1pm (Levine) *Call to register *llame para registrase	14	15 <b>Exercise Class</b> 3:30-4:30pm (Simms)  <b>Yoga</b> 5-6 pm (Simms)  <b>Yoga</b> 5:30-6:30 pm (Colen)	16 <b>Exercise Class</b> 9-10am (Simms)  <b>Yoga</b> 12-1pm (Simms)  <b>Yoga</b> 11:30am-12:30 (Colen)  <b>Kids Zumba</b> 4-5pm (Colen)
19 <b><u>CLINIC CLOSED</u></b> <b><u>CLINICA CERRADA</u></b>  <b>President's Day</b>	20 <b>Yoga</b> 5:00-6:00pm (Colen)  <b>Prenatal Yoga</b> 12-1pm (Levine) *Call to register *llame para registrase	21	22 <b>Exercise Class</b> 3:30-4:30pm (Simms)  <b>Yoga</b> 5-6 pm (Simms)  <b>Yoga</b> 5:30-6:30 pm (Colen)	23 <b>Exercise Class (Cancelled)</b> 9-10am (Simms)  <b>Yoga</b> 12-1pm (Simms)  <b>Yoga</b> 11:30am-12:30 (Colen)  <b>Kids Zumba</b> 4-5pm (Colen)
26 <b>Exercise Class</b> 9-10am (Simms)  <b>Yoga</b> 5-6pm (Simms)	27 <b>Yoga</b> 5:00-6:00pm (Colen)  <b>Prenatal Yoga</b> 12-1pm (Levine) *Call to register *llame para registrase	28		

**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

February 2018 / Febrero 2018

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Monday	Tuesday	Wednesday	Thursday	Friday
			1 <b>CHLA Nutrition Class</b> 1:00pm-2:00pm (Colen)	2
5	6	7 <b>Diabetes Group Visit with Provider (Español)</b> 9-11:30am (Simms)	8 <b>CHLA Nutrition Class</b> 1:00pm-2:00pm (Colen)	9
12	13	14 <b>Diabetes Group Visit with Provider (Español)</b> 9-11:30am (Simms)	15 <b>CHLA Nutrition Class</b> 1:00pm-2:00pm (Colen)  <b>KP KIDs Nutrition Class</b> 5:00-7:00p (Virginia Park)	16
19 <b><u>CLINIC CLOSED</u></b> <b><u>CLINICA CERRADA</u></b>	20	21 <b>Diabetes Group Visit with Provider (Español)</b> 9-11:30am (Simms)	22 <b>CHLA Nutrition Class</b> 1:00pm-2:00pm (Colen)  <b>KP KIDs Nutrition Class</b> 5:00-7:00p (Virginia Park)	23
26 <b>Car Seat Safety Class- 9am-11am Spanish (Colen)</b>  <b>Baby Shower 1:00pm-3pm (Simms) (Bilingual)</b>	27	28 <b>Diabetes Group Visit with Provider (Español)</b> 9-11:30am (Simms)		

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