

January / Enero 2019



Health Education Classes / Clases de Educación de Salud

Classes are free and open to the community / Clases son gratis y abiertas a la comunidad

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 HOLIDAY CLINIC CLOSED	2	3 Nutrition Class (Colen) Spanish 9:30-11:30am	4
7	8	9 Eat Healthy, Be Active (Rose) Bilingual 10am-11am	10 Nutrition Class (Colen) Spanish 9:30-11:30am Chronic Pain Support Group (Simms) English 10am -11:30am DEEP (Rose) Spanish 2:30pm-4:30pm	11
14	15 Healthy Lifestyle and High Blood Pressure (Rose) Spanish 4:00 pm - 5:00 pm	16 Eat Healthy, Be Active (Rose) Bilingual 10am-11am	17 Chronic Pain Support Group (Simms) English 10am -11:30am DEEP (Rose) Spanish 2:30pm-4:30pm KP Kids Virginia Park 5:00pm- 7:00pm	18
21	22 Baby Shower Bilingual (Colen) 9:00am-11am Healthy Lifestyle and High Blood Pressure English (Rose) 4:00 pm - 5:00 pm	23 Eat Healthy, Be Active (Rose) Bilingual 10am-11am	24 Chronic Pain Support Group (Simms) English 10am -11:30am KP Kids Virginia Park 5:00pm- 7:00pm DEEP (Rose) Spanish 2:30pm-4:30pm	25
28	29	30	31 Chronic Pain Support Group (Simms) English 10am -11:30am DEEP (Rose) Spanish 2:30pm-4:30pm KP Kids Virginia Park 5:00pm- 7:00pm	

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

Rose Health Center (Rose)
604 Rose Ave, Venice, CA 90291

Colen Health Center (Colen)
4700 Inglewood Blvd, Culver City, CA 90230

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

January / Enero 2019



Exercise Classes / Clases de Ejercicio

Classes are free and open to the community / Clases son gratis y abiertas a la comunidad

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 CLINIC CLOSED CLINICA CERRADA ~ * ~ VFC HOLIDAY	2	3 Exercise Class 3:30-4:30pm (Simms) Yoga Cancelled 5-6pm (Simms)	4 Exercise Class 9-10am (Simms) Yoga 12-1pm (Simms) Yoga 12:30pm-1:30pm(Colen)
7 Exercise Class 9-10am (Simms) Yoga 5-6pm (Simms)	8 Prenatal Yoga 12-1pm (Levine) *Call to register *llame para registrase Kids Dance Class 4-5pm (Colen) Cardio Dance 5:15pm-6:15pm (Colen)	9 Yoga 5:00-6:00 pm (Colen)	10 Exercise Class 3:30-4:30pm (Simms) Yoga 5-6pm (Simms) Yoga 5:15-6:15 (Rose)	11 Exercise Class 9-10am (Simms) Yoga 12:30pm-1:30pm(Colen) Yoga 12-1pm (Simms) Kids Dance Class 4-5pm (Colen)
14 Exercise Class 9-10am (Simms) Yoga 5-6pm (Simms)	15 Prenatal Yoga 12-1pm (Levine) *Call to register *llame para registrase Kids Dance Class 4-5pm (Colen) Cardio Dance 5:15pm-6:15pm (Colen)	16 Yoga 5:00-6:00 pm (Colen)	17 Exercise Class 3:30-4:30pm (Simms) Yoga 5-6pm (Simms) Yoga 5:15-6:15 (Rose)	18 Exercise Class 9-10am (Simms) Yoga 12:30pm-1:30pm(Colen) Yoga 12-1pm (Simms) Kids Dance Class 4-5pm (Colen)
21 Exercise Class 9-10am (Simms) Yoga 5-6pm (Simms)	22 Prenatal Yoga 12-1pm (Levine) *Call to register *llame para registrase Kids Dance Class 4-5pm (Colen) Cardio Dance 5:15pm-6:15pm (Colen)	23 Yoga 5:00-6:00 pm (Colen)	24 Exercise Class 3:30-4:30pm (Simms) Yoga 5-6pm (Simms) Yoga 5:15-6:15 (Rose)	25 Exercise Class 9-10am (Simms) Yoga 12:30pm-1:30pm(Colen) Yoga 12-1pm (Simms) Kids Dance Class 4-5pm (Colen)
28 Exercise Class 9-10am (Simms) Yoga 5-6pm (Simms)	29 Prenatal Yoga 12-1pm (Levine) *Call to register *llame para registrase Kids Dance Class 4-5pm (Colen) Cardio Dance 5:15pm-6:15pm (Colen)	30 Yoga 5:00-6:00 pm (Colen)	31 Exercise Class 3:30-4:30pm (Simms) Yoga 5-6pm (Simms) Yoga 5:15-6:15 (Rose)	Exercise Class 9-10am (Simms) Yoga 12:30pm-1:30pm(Colen) Yoga 12-1pm (Simms) Kids Dance Class 4-5pm (Colen)

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