

# March / Marzo 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
4	5	6 Provider Diabetes Group Visit 9-11am (Simms)	7 Chronic Pain Support Group (Simms) English 10am-11:30am  DEEP (Rose) Spanish 2:30pm-4:30pm	8
11	12 Baby Shower 2-4pm (Simms)	13 Provider Diabetes Group Visit 9-11am (Simms)	14 Chronic Pain Support Group (Simms) English 10am -11:30am	15
18	19 First Aid for Caregivers 4-5pm (Simms)  Car Seat Class 2-4pm (Simms)	20 Provider Diabetes Group Visit 9-11am (Simms)	21 Chronic Pain Support Group (Simms) English 10am -11:30am	22
25	26 Physical Activity and High Blood Pressure (Rose) Spanish 3:00pm-4:00pm	27 Provider Diabetes Group Visit 9-11am (Simms)	28 Chronic Pain Support Group (Simms) English 10am -11:30am	29 VFC HOLIDAY ~ * ~ * ~ * ~  Clinic Closed  Clinica Cerrada

**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

# March/ Marzo 2019



## Exercise Classes / Clases de Ejercicio

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Exercise Class 9-10am (Simms) Yoga 12-1pm (Simms) Yoga 12:30pm-1:30pm(Colen) Kids Dance Class Cancelled 4-5pm (Colen)
4 Exercise Class 9-10am (Simms) Yoga 5-6pm (Simms)	5 Prenatal Yoga 12-1pm (Levine) *Call to register *llame para registrase Kids Dance Class 4-5pm (Colen) Cardio Dance 5:15pm-6:15pm (Colen)	6 Yoga 5:00-6:00 pm (Colen)	7 Exercise Class 3:30-4:30pm (Simms) Yoga 5-6pm (Simms)	8 Exercise Class 9-10am (Simms) Yoga 12:30pm-1:30pm(Colen) Yoga 12-1pm (Simms) Kids Dance Class 4-5pm (Colen)
11 Exercise Class 9-10am (Simms) Yoga 5-6pm (Simms)	12 Prenatal Yoga 12-1pm (Levine) *Call to register *llame para registrase Kids Dance Class 4-5pm (Colen) Cardio Dance 5:15pm-6:15pm (Colen)	13 Yoga 5:00-6:00 pm (Colen)	14 Exercise Class 3:30-4:30pm (Simms) Yoga Cancelled 5-6pm (Simms)	15 Exercise Class 9-10am (Simms) Yoga 12:30pm-1:30pm(Colen) Yoga 12-1pm (Simms) Kids Dance Class 4-5pm (Colen)
18 Exercise Class 9-10am (Simms) Yoga 5-6pm (Simms)	19 Prenatal Yoga 12-1pm (Levine) *Call to register *llame para registrase Kids Dance Class 4-5pm (Colen) Cardio Dance 5:15pm-6:15pm (Colen)	20 Yoga 5:00-6:00 pm (Colen)	21 Exercise Class 3:30-4:30pm (Simms) Yoga 5-6pm (Simms)	22 <del>Exercise Class</del> Canceled 9-10am (Simms) Yoga 12:30pm-1:30pm(Colen) Yoga 12-1pm (Simms) Kids Dance Class 4-5pm (Colen)
25 Exercise Class 9-10am (Simms) Yoga 5-6pm (Simms)	26 Prenatal Yoga 12-1pm (Levine) *Call to register *llame para registrase Kids Dance Class 4-5pm (Colen) Cardio Dance 5:15pm-6:15pm (Colen)	27 Yoga 5:00-6:00 pm (Colen)	28 Exercise Class 3:30-4:30pm (Simms) Yoga 5-6pm (Simms)	29 VFC HOLIDAY ~ * ~ * ~ * ~ Clinic Closed Clinica Cerrada

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