








Community Wellness Center - RIVERSIDE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>May is Mental Health Awareness Month. Reduce stress, clear your mind, and increase your energy. Join our FREE classes.</p> <p>Wear GREEN on the days you see  to show your support for Mental Health Awareness.</p> <p>July Medi-Cal packets have been mailed out, not sure what to do? IEHP is here to help. Let us schedule an appointment with our Renewal Specialist every Wednesday</p>		<p>IEHP Renewal Specialist 1 Knitting & Crochet Club (Self-Led) (Bilingual) 9am-10am</p> <p>Yoga Flow 9am-10am</p> <p>Free Legal & Citizenship/Immigration Services (Bilingual) 10am-11am</p> <p>Golden Mandarin Beets — Food Demo (Spanish) 11:30am-12:30pm</p> <p>Cardio Dance 3pm-4pm</p>	<p>2 Chair Fitness 9am-10am</p> <p>Yin Yoga 10:30am-11:30am</p> <p>Self-Care: Ways to Better Take Care of Yourself 11:30am-12:30pm</p> <p>Line Dance 12pm-1pm</p> <p>Zumba 2pm-3pm</p> <p>Body Sculpting 3:30pm-4:30pm</p> <p>Zumba Kids (Ages 4-11) 5pm-5:45pm</p>	<p>3 CLOSED 3pm-6pm</p> <p>Understanding Diabetes #2 (Spanish) 9am-10am</p> <p>Healthy Living My Best Self #4 (Spanish) 10:30am-11:30am</p> <p>Mindful Living #3 12pm-1pm</p> <p>*Arts & Crafts (Bilingual) 1:30pm-2:30pm *Refreshments Provided</p> <p>Yoga for Seniors & People w/ disabilities Canceled</p> <p>Strength & Conditioning Canceled</p>	<p>4 Zumba 10:45am-11:45am</p> <p>Turkey Spaghetti — Kids Food Demo (Ages 4-11) 11:15am-12pm</p> <p>Zumba Kids (Ages 4-11) 12pm-12:45pm</p>
<p>6 *Vegetable Quesadillas — Food Demo 10am-11am</p> <p>Strength & Conditioning 10:30am-11:30am</p> <p>*Vegetable Quesadillas — Food Demo 11:30am-12:30pm</p> <p>*Food Demo 30 max capacity</p> <p>Meditation 12pm-1pm</p> <p>Zumba Gold 1:30pm-2:30pm</p> <p>*Self-care Activity (Bilingual) 3pm-4pm</p> <p>*Refreshments Provided</p>	<p>7 *Art and Crafts (Bilingual) 9am-10am</p> <p>*Refreshments Provided</p> <p>Line Dance 9am-10am</p> <p>Understanding Diabetes #3 10:30am-11:30am</p> <p>Healthy Heart #3 (Spanish) 1pm-2pm</p> <p>Yoga for Seniors & People w/disabilities 2pm-3pm</p> <p>Chair Fitness 3:30pm-4:30pm</p> <p>Breath Well, Live Well #1 (Spanish) 4pm-5pm</p> <p>Zumba 5pm-6pm</p>	<p>8 IEHP Renewal Specialist Knitting & Crochet Club (Self-Led) (Bilingual) 9am-10am</p> <p>Yoga Flow 9am-10am</p> <p>Energy Conservation & Don't Use Cell While Driving (Bilingual) 10am-11am</p> <p>Vegetable Quesadillas — Food Demo (Spanish) 11:30am-12:30pm</p> <p>Cardio Dance 3pm-4pm</p>	<p>9 Maternal Wellness Day 10am-1pm</p> <p>Prenatal & Postpartum Support</p> <p>Scan QR codes to learn more.</p>  <p>*Free! Mommy & Baby Goodies, while supplies last.</p>	<p>10 Becoming a Mom #4 9am-10am</p> <p>My Life My Choice (Spanish) 10:30am-11:30am</p> <p>Understanding Diabetes #3 (Spanish) 12pm-1pm</p> <p>Yoga for Seniors & People w/disabilities 2pm-3pm</p> <p>24/7 Dads — Cohort 1, Session 1 4pm-6pm</p> <p>Strength & Conditioning 5pm-6pm</p>	<p>11 Strength & Conditioning 10am-11am</p> <p>Yoga for Kids (Ages 4-11) 11:30am-12:15pm</p> <p>Arts & Crafts for Kids (Ages 4-11) 12:15pm-1pm</p>
<p>13 *Chia of the Valley Parfait — Food Demo 10am-11am</p> <p>Strength & Conditioning 10:30am-11:30am</p> <p>*Chia of the Valley Parfait — Food Demo 11:30am-12:30pm</p> <p>*Food Demo 30 max capacity</p> <p>Meditation 12pm-1pm</p> <p>Zumba Gold 1:30pm-2:30pm</p> <p>Your Health and Wellness Benefits 2pm-3pm</p> <p>*Arts & Crafts for Kids (Ages 4-11) 4pm-4:45pm</p> <p>*Refreshments Provided</p>	<p>14 Line Dance 9am-10am</p> <p>Pregnancy and Delivery 9am-10am</p> <p>Mindful Living #3 (Spanish) 10:30am-11:30am</p> <p>Living Well in the Community #3 1pm-2pm</p> <p>Yoga for Seniors & People w/disabilities 2pm-3pm</p> <p>Chair Fitness 3:30pm-4:30pm</p> <p>Healthy Living My Best Self #4 4pm-5pm</p> <p>Zumba 5pm-6pm</p>	<p>15 IEHP Renewal Specialist Asian Pacific Islander Heritage Month Celebration 9am-12pm</p> <p>Kokoda — Food Demo (Bilingual) 11am-12pm</p> <p>Community Health Worker (CHW) Workshop 1pm-2pm 2:15pm-3:15pm (Spanish)</p> <p>Cardio Dance 3pm-4pm</p> <p>*Game Hour (Bilingual) 4pm-5pm</p> <p>* Refreshments Provided</p>	<p>16  Community Wellness Center CLOSED</p>	<p>17 Healthy Heart #1 9am-10am</p> <p>Breathe Well, Live Well #2 10:30am-11:30am</p> <p>Understanding Diabetes #4 12pm-1pm</p> <p>*Art and Crafts (Bilingual) 2pm-3pm</p> <p>*Refreshments Provided</p> <p>Yoga for Seniors & People w/disabilities 2pm-3pm</p> <p>24/7 Dads — Cohort 1, Session 2 4pm-6pm</p> <p>Strength & Conditioning 5pm-6pm</p>	<p>18 Healthy Living My Best Self #2 9:30am-10:30am</p> <p>Zumba 10:45am-11:45am</p> <p>Zumba Kids (Ages 4-11) 12pm-12:45pm</p>
<p>20 *Avocado Tortilla Soup — Food Demo 10am-11am</p> <p>Strength & Conditioning 10:30am-11:30am</p> <p>*Avocado Tortilla Soup — Food Demo 11:30am-12:30pm</p> <p>*Food Demo 30 max capacity</p> <p>Meditation 12pm-1pm</p> <p>Zumba Gold 1:30pm-2:30pm</p> <p>*Arts & Crafts for Kids (Ages 4-11) 4pm-4:45pm</p> <p>*Refreshments Provided</p>	<p>21 Avocado Tortilla Soup — Food Demo (Spanish) 9am-10am</p> <p>Line Dance 9am-10am</p> <p>Mindful Living #1 10:30am-11:30am</p> <p>Living Well in the Community #4 1pm-2pm</p> <p>Yoga for Seniors & People w/disabilities 2pm-3pm</p> <p>Chair Fitness 3:30pm-4:30pm</p> <p>Healthy Living My Best Self #1 (Spanish) 4pm-5pm</p> <p>Zumba 5pm-6pm</p>	<p>22  Community Wellness Center CLOSED</p>	<p>23 Breast and Cervical Health (Bilingual) 9am-10am</p> <p>Chair Fitness 9am-10am</p> <p>Knitting & Crochet Club (Self-Led) (Bilingual) 10:30am-11:30am</p> <p>Yin Yoga 10:30am-11:30am</p> <p>CPR (Spanish) 12pm-3pm</p> <p>Line Dance 12pm-1pm</p> <p>Zumba 2pm-3pm</p> <p>Body Sculpting 3:30pm-4:30pm</p> <p>Zumba Kids (Ages 4-11) 5pm-5:45pm</p>	<p>24 Breathe Well, Live Well #2 (Spanish) 9am-10am</p> <p>Healthy Heart #1 (Spanish) 10:30am-11:30am</p> <p>Becoming a Mom #4 (Spanish) 12pm-1pm</p> <p>*Arts & Crafts (Bilingual) 2pm-3pm</p> <p>*Refreshments Provided</p> <p>Yoga for Seniors & People w/disabilities 2pm-3pm</p> <p>24/7 Dads — Cohort 1, Session 3 4pm-6pm</p> <p>Strength & Conditioning 5pm-6pm</p>	<p>25 </p>
<p>27 </p>	<p>28 Line Dance 9am-10am</p> <p>Pregnancy and Delivery (Spanish) 9am-10am</p> <p>My Life, My Choice 10:30am-11:30am</p> <p>Understanding Diabetes #4 (Spanish) 1pm-2pm</p> <p>Yoga for Seniors & People w/disabilities 2pm-3pm</p> <p>Chair Fitness 3:30pm-4:30pm</p> <p>Mindful Living #1 (Spanish) 4pm-5pm</p> <p>Zumba 5pm-6pm</p>	<p>29 Yoga Flow 9am-10am</p> <p>*Honey Gingered Fruit Salad — Food Demo 10am-11am 11:30am-12:30pm (Spanish)</p> <p>*Food Demo 30 max capacity</p> <p>Your Health and Wellness Benefits (Spanish) 11am-12pm</p> <p>Community Health Worker (CHW) Workshop 1pm-2pm 2:15pm-3:15pm (Spanish)</p> <p>Cardio Dance 3pm-4pm</p>	<p>30 Chair Fitness 9am-10am</p> <p>CPR 10am-1pm</p> <p>Yin Yoga 10:30am-11:30am</p> <p>Line Dance 12pm-1pm</p> <p>Zumba Toning 2pm-3pm</p> <p>Body Sculpting 3:30pm-4:30pm</p> <p>Zumba Kids (Ages 4-11) 5pm-5:45pm</p>	<p>31 Healthy Living My Best Self #1 9am-10am</p> <p>Healthy Heart #2 10:30am-11:30am</p> <p>Breathe Well, Live Well #1 12pm-1pm</p> <p>*Arts & Crafts (Bilingual) 2pm-3pm</p> <p>*Refreshments Provided</p> <p>Yoga for Seniors & People w/ disabilities 2pm-3pm</p> <p>24/7 Dads — Cohort 1, Session 4 4pm-6pm</p> <p>Strength & Conditioning 5pm-6pm</p>	<p> SCAN ME! Use your phone to scan the QR code to view our full schedule of FREE classes.</p>

We heal and inspire the human spirit.

Classes are subject to change.
All classes are first come, first serve.

 3590 Tyler Street, Suite 101, Riverside, CA 92503
(across from Galleria at Tyler)

 Monday-Friday, 9am-6pm • Saturday, 8:30am-1pm

 1-866-228-4347 • TTY users should call 711

 www.iehp.org/crcClasses