



















Community Wellness Center - SAN BERNARDINO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
<p>May is Mental Health Awareness Month. reduce your stress, clear your mind, and increase your energy. Join our FREE classes.</p> <p>Wear green on days you see  to show support for Mental Health awareness.</p>		<p>IEHP Renewal Specialist 1</p> <p>Zumba Gold 9am-10am</p> <p>My Life, My Choice (Spanish) 10am-11am</p> <p>Becoming a Mom #4 11:30am-12:30pm</p> <p>Yoga for Seniors & People w/Disabilities Cancelled</p> <p>Breathe Well, Live Well #2 (Spanish) 1:30pm-2:30pm</p> <p>Strength & Conditioning 2:30pm-3:30pm</p> <p>Yin Yoga 4pm-5pm</p>	<p>2</p> <p>Body Sculpting 9am-10am</p> <p>Cardio Dance 10:30am-11:30am</p> <p>Mixed Berry Chia Jam — Food Demo (Bilingual) 11:45am-12:45pm</p> <p>Line Dance 2pm-3pm</p> <p>Chair Fitness 5pm-6pm</p>	<p>3</p> <p>Yoga Flow 9am-10am</p> <p>Knitting & Crochet Club (Self-Led) 10am-11am</p> <p>Strength and Conditioning 10:30am-11:30pm</p> <p>Medicare 101 12pm-12:30pm (Spanish) 12:30pm-1pm</p> <p>Game Hour for Adults (Bilingual) 2pm-4pm </p>	<p>4</p> <p>Line Dance 8:30am-9:30am</p> <p>Strength & Conditioning 10am-11am</p> <p>Family Fitness (SPARK) (ages 4-11) 10am-11am</p> <p>Yoga for Kids (ages 4-11) 11:30am-12:15pm</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 8</p> <p>Zumba Gold 9am-10am</p> <p>Mindful Living #3 (Spanish) 10am-11am </p> <p>Living Well in the Community #8 11:30am-12:30pm</p> <p>Yoga for Seniors & People w/Disabilities 12:30pm-1:30pm</p> <p>Breathe Well, Live Well #1 1:30pm-2:30pm</p> <p>Strength & Conditioning 2:30pm-3:30pm</p> <p>Yin Yoga 4pm-5pm</p>	<p>9</p> <p>Body Sculpting Cancelled</p> <p>Cardio Dance Cancelled</p> <p>Vegetable Quesadillas — Food Demo (Bilingual) 11:45am-12:45pm</p> <p>Understanding Anxiety 1pm-2pm </p> <p>Line Dance 2pm-3pm</p> <p>Chair Fitness 5pm-6pm</p>	<p>10</p> <p>Yoga Flow 9am-10am</p> <p>Knitting & Crochet Club (Self-Led) 10am-11am</p> <p>Strength and Conditioning 10:30am-11:30pm</p> <p>Breast and Cervical Health (Bilingual) 12pm-1pm</p> <p>Game Hour for Adults (Bilingual) 2pm-4pm</p>	<p>11</p> <p>Line Dance 8:30am-9:30am</p> <p>Turkey Spaghetti — Food Demo for Kids (ages 4-11) 10am-10:45am</p> <p>Zumba for Kids (ages 4-11) 11am-11:45am</p> <p>Zumba 12pm-1pm</p>		
<p>6</p> <p>Zumba 9am-10am</p> <p>Healthy Heart #3 (Spanish) 10am-11am</p> <p>Body Sculpting 10:30am-11:30am</p> <p>Healthy Living: My Best Self #3 11:30am-12:30pm</p> <p>Line Dance 12pm-1pm</p> <p>Yoga for Seniors & People w/Disabilities Cancelled</p> <p>Understanding Diabetes #5 1:30pm-2:30pm</p> <p>Chair Fitness 3:30pm-4:30pm</p> <p>Cardio Dance 5pm-6pm</p>	<p>Medi-Cal Eligibility Worker 7</p> <p>Your Health & Wellness Benefits (Spanish) 11am-12pm</p> <p>Meditation 1pm-2pm </p> <p>Zumba 2:30pm-3:30pm</p> <p>Medi-Cal Dental Benefits 2:30pm-3:30pm</p> <p>3:30pm-4:30pm (Spanish)</p>	<p>13</p> <p>Zumba 9am-10am</p> <p>Healthy Heart #3 10am-11am</p> <p>Body Sculpting 10:30am-11:30am</p> <p>Healthy Living: My Best Self #3 (Spanish) 11:30am-12:30pm</p> <p>Line Dance 12pm-1pm</p> <p>Yoga for Seniors & People w/Disabilities 1:30pm-2:30pm</p> <p>Understanding Diabetes #6 1:30pm-2:30pm</p> <p>Chair Fitness 3:30pm-4:30pm</p> <p>Cardio Dance 5pm-6pm</p>	<p>14</p> <p>Medi-Cal Eligibility Worker</p> <p>Rethink Your Drink: Choose Healthy Beverages (Bilingual) 10:30am-11:30am</p> <p>Family Fitness (SPARK) (ages 4-11) 11am-12pm</p> <p>Meditation Cancelled</p> <p>Zumba Cancelled</p> <p>Maternal Wellness Event 2pm-5pm</p> <p>Prenatal & Postpartum Support Scan QR code to learn more.</p> <p></p> <p>*Free! Mommy & Baby Goodies, while supplies last.</p>	<p>15</p> <p>IEHP Renewal Specialist</p> <p>Zumba Gold 9am-10am</p> <p>Mindful Living #3 10am-11am </p> <p>My Life My Choice 11:30am-12:30pm</p> <p>Yoga for Seniors & People w/Disabilities 12:30pm-1:30pm</p> <p>Becoming a Mom #6 (Spanish) 1:30pm-2:30pm</p> <p>Strength & Conditioning 2:30pm-3:30pm</p> <p>Yin Yoga 4pm-5pm</p>	<p>16</p> <p></p> <p>Community Wellness Center CLOSED</p>	<p>17</p> <p>Yoga Flow 9am-10am</p> <p>Knitting & Crochet Club (Self-Led) 10am-11am</p> <p>Strength and Conditioning 10:30am-11:30am</p> <p>Energy Conservation Don't Use Cell While Driving (Bilingual) 12pm-1pm</p> <p>Game Hour for Adults (Bilingual) 2pm-3pm </p>	<p>18</p> <p>Line Dance 8:30am-9:30am</p> <p>Boot Camp for New Dads (Bilingual) 10am-1pm</p> <p>Strength & Conditioning 10am-11am</p> <p>Yoga for Kids (ages 4-11) 11:30am-12:15pm</p>
<p>20</p> <p>Zumba 9am-10am</p> <p>Breathe Well, Live Well #1 (Spanish) 10am-11am</p> <p>Body Sculpting 10:30am-11:30am</p> <p>Healthy Heart #1 (Spanish) 11:30am-12:30pm</p> <p>Line Dance 12pm-1pm</p> <p>Yoga for Seniors & People w/Disabilities 1:30pm-2:30pm</p> <p>Healthy Living: My Best Self #4 1:30pm-2:30pm</p> <p>Chair Fitness 3:30pm-4:30pm</p> <p>Cardio Dance 5pm-6pm</p>	<p>Medi-Cal Eligibility Worker 21</p> <p>Free Citizenship/Immigration Services and Legal Assistance (Bilingual) 10am-11am</p> <p>CPR 11:30am-2:30pm</p> <p>Mindful Living #2 (Spanish) 11:30am-12:30pm </p> <p>Meditation 1pm-2pm</p> <p>Zumba 2:30pm-3:30pm</p> <p>Community Health Worker (CHW) Workshop (Bilingual) 4pm-5pm</p>	<p>22</p> <p></p> <p>Community Wellness Center CLOSED</p>	<p>23</p> <p>Body Sculpting 9am-10am</p> <p>Cardio Dance 10:30am-11:30am</p> <p>Avocado Tortilla Soup — Food Demo (Bilingual) 11:45am-12:45pm</p> <p>Understanding Anxiety (Spanish) 1pm-2pm </p> <p>Line Dance 2pm-3pm</p> <p>Chair Fitness 5pm-6pm</p>	<p>24</p> <p>Yoga Flow 9am-10am</p> <p>Knitting & Crochet Club (Self-Led) 10am-11am</p> <p>Strength and Conditioning 10:30am-11:30pm</p> <p>Your Health and Wellness Benefits 1pm-2pm</p> <p>Game Hour for Adults (Bilingual) 3pm-4pm</p>	<p>25</p> <p></p>		
<p>27</p> <p></p>	<p>Medi-Cal Eligibility Worker 28</p> <p>Family Fitness (SPARK) (ages 4-11) 11am-12pm</p> <p>Meditation 1pm-2pm</p> <p>Mindful Living #2 (Spanish) 1pm-2pm </p> <p>Zumba 2:30pm-3:30pm</p> <p>Relax and Paint (Bilingual) 3pm-4pm</p>	<p>29</p> <p>Zumba Gold 9am-10am</p> <p>Healthy Living: My Best Self #2 (Spanish) 10am-11am</p> <p>Mindful Living #1 11:30am-12:30pm </p> <p>Yoga for Seniors & People w/Disabilities 12:30pm-1:30pm</p> <p>Understanding Diabetes #7 1:30pm-2:30pm</p> <p>Strength & Conditioning 2:30pm-3:30pm</p> <p>Yin Yoga 4pm-5pm</p>	<p>30</p> <p>Body Sculpting 9am-10am</p> <p>Cardio Dance 10:30am-11:30am</p> <p>Asian Pacific Islander Heritage Month Recipe</p> <p>Honey Gingered Fruit Salad — Food Demo (Bilingual) 11:45am-12:45pm </p> <p>CPR (Spanish) 1:30pm-4:30pm</p> <p>Line Dance 2pm-3pm</p> <p>Chair Fitness 5pm-6pm</p>	<p>31</p> <p>Yoga Flow 9am-10am</p> <p>Knitting & Crochet Club (Self-Led) 10am-11am</p> <p>Strength and Conditioning 10:30am-11:30pm</p> <p>Pamper My Baby (Bilingual) 1pm-4pm</p>	<p></p> <p>SCAN ME!</p> <p>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.

 805 West 2nd Street, Suite C, San Bernardino, CA 92410 (at the Marshalls Plaza)

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

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

 www.iehp.org/crcClasses