



# Community Resource Center – San Bernardino

Everyone is Welcome! Join us and you will:

- ♥ Learn how to use IEHP benefits
- ♥ Find out how to get affordable coverage
- ♥ Take health and fitness classes
- ♥ Connect with community programs



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

Center Hours: Monday - Friday: 9am - 6pm • Saturday: 10am - 2pm • Closed Sunday

## July 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <i>Community Health Worker</i> Yoga 9am-10am Strength & Conditioning 12pm-1pm CPR 1pm-5pm Line Dance 1:30pm-2:30pm Zumba 5pm-6pm	2 <i>Medi-Cal Eligibility Worker</i> Zumba Gold 9am-10am Aerobic Boxing 10:30am-11:30am Zucchini Garden for Kids (Ages 4-11 and Parents) 12pm-1pm Yoga for Seniors & People w/ Disabilities 12pm-1:15pm Stress Management (Spanish) 1:30pm-3pm Tai Chi 3pm-4pm Strength & Conditioning 4:30pm-5:30pm	3 <i>Community Health Worker</i> Zumba 9am-10am Aerobic Latin Dance 10:30am-11:30am Living with Diabetes (Spanish) 11am-12pm Meditation 12pm-1pm Zucchini Garden 1pm-2pm 2pm-3pm (Spanish) Zumba for Kids (Ages 4-11 and Parents) 1:30pm-2:30pm Turkey Hot Dogs—Food Demo (Spanish) 3:30pm-4:30pm Yoga 5pm-6pm	4 	5 	6 
8 <i>Community Health Worker</i> Yoga 9am-10am Strength & Conditioning 12pm-1pm Line Dance 1:30pm-2:30pm IEHP Member Orientation (Spanish) 3pm-4pm Zumba 5pm-6pm	9 <i>Medi-Cal Eligibility Worker</i> Zumba Gold 9am-10am Prenatal Workshop 9:30am-12:30pm Aerobic Boxing 10:30am-11:30am Bug Garden for Kids (Ages 4-11 and Parents) 12pm-1pm Yoga for Seniors & People w/ Disabilities 12pm-1:15pm Stress Management (Spanish) 1:30pm-3pm Tai Chi 3pm-4pm Strength & Conditioning 4:30pm-5:30pm	10 <i>Community Health Worker</i> Zumba 9am-10am Aerobic Latin Dance 10:30am-11:30am Meditation 12pm-1pm Zumba for Kids (Ages 4-11 and Parents) 1:30pm-2:15pm Garden Party Snacks—Food Demo for Kids (Ages 4-11 and Parents) 2:30pm-3:15pm Bean Tostadas—Food Demo 3:30pm-4:30pm Yoga 5pm-6pm	11 <i>Medi-Cal Eligibility Worker</i> Yoga 9am-10am Circle Time (ages 0-5) 9:30am-10am 10:30am-11am Aerobic Boxing 10:30am-11:30am Parenting Styles 12pm-1pm 1pm-2pm (español) IEHP Member Orientation 2:30pm-3:30pm Tai Chi 3pm-4pm Zumba 5pm-6pm	12 <i>Community Health Worker</i> Zumba 9am-10am Aerobic Latin Dance 10:30am-11:30am Meditation 12pm-1pm My Life, My Choice 12:30pm-2pm 2:30pm-4pm(Spanish) Yoga for Seniors & People w/ Disabilities 2pm-3:15pm Kids Polynesian Dance (Ages 4-11 and Parents) 3:30pm-4:15pm Zumba Gold 4:30pm-5:30pm	13 Zumba 9am-10am Line Dance 10:30am-11:30am Zumba Kids (Ages 4-11 and Parents) 12pm-12:45pm Watermelon Garden for Kids (Ages 4-11 and Parents) 1pm-1:45pm
15 <i>Community Health Worker</i> Yoga 9am-10am Strength & Conditioning 12pm-1pm CPR (Spanish) 1pm-5pm Line Dance 1:30pm-2:30pm Zumba 5pm-6pm	16 <i>Medi-Cal Eligibility Worker</i> Zumba Gold 9am-10am Aerobic Boxing 10:30am-11:30am Healthy Living for Brain and Body 10:30am-11:30am 11:30am-12:30pm (Spanish) Yoga for Seniors & People w/ Disabilities 12pm-1:15pm Tai Chi 3pm-4pm Strength & Conditioning 4:30pm-5:30pm	17 <i>Community Health Worker</i> Zumba 9am-10am Aerobic Latin Dance 10:30am-11:30am Living with Diabetes 11am-12pm Meditation 12pm-1pm Zumba for Kids (Ages 4-11 and Parents) 1:30pm-2:15pm Spinach Grilled Cheese—Food Demo for Kids (Ages 4-11 and Parents) 2:30pm-3:15pm Bean Tostadas—Food Demo (Spanish) 3:30pm-4:30pm Yoga 5pm-6pm	18 <b>**CRC closed from 8am-1pm</b>  Medicare 2pm-2:30pm 2:30-3pm (Spanish) Tai Chi 3pm-4pm Zumba 5pm-6pm	19 <i>Community Health Worker</i> Zumba 9am-10am Aerobic Latin Dance 10:30am-11:30am Meditation 12pm-1pm CPR 1pm-5pm Yoga for Seniors & People w/ Disabilities 2pm-3:15pm Kids Polynesian Dance (Ages 4-11 and Parents) 3:30pm-4:15pm Zumba Gold 4:30pm-5:30pm	20 Zumba 9am-10am Yoga for Kids (Ages 4-11 and Parents) 9:30am-10:30am Line Dance 10:30am-11:30am Zumba Kids (Ages 4-11 and Parents) 12pm-1pm
22 <i>Community Health Worker</i> Yoga 9am-10am IEHP Member Orientation 11am-12pm Strength & Conditioning 12pm-1pm Diabetes Self-Management Program 1pm-3pm Line Dance 1:30pm-2:30pm Zumba 5pm-6pm	23 <i>Medi-Cal Eligibility Worker</i> Zumba Gold 9am-10am Stress Management 10am-11:30am Aerobic Boxing 10:30am-11:30am Succulent Garden for Kids (Ages 4-11 and Parents) 12pm-1pm Yoga for Seniors & People w/ Disabilities 12pm-1:15pm Tai Chi 3pm-4pm Strength & Conditioning 4:30pm-5:30pm	24 <i>Community Health Worker</i> Zumba 9am-10am Aerobic Latin Dance 10:30am-11:30am IEHP Member Orientation (Spanish) 11am-12pm Meditation 12pm-1pm Zumba for Kids (Ages 4-11 and Parents) 1:30pm-2:15pm Apple Cookies—Food Demo for Kids (Ages 4-11 and Parents) 2:30pm-3:15pm Yogurt Spinach Dip—Food Demo 3:30pm-4:30pm Yoga 5pm-6pm	25 <i>Medi-Cal Eligibility Worker</i> Yoga 9am-10am Circle Time (ages 0-5) 9:30am-10am 10:30am-11am Aerobic Boxing 10:30am-11:30am Eat Healthy, Be Active #1 (Spanish) 11:45am-1:45pm Eat Healthy, Be Active #1 2pm-4pm Tai Chi 3pm-4pm Zumba 5pm-6pm	26 <i>Community Health Worker</i> Zumba 9am-10am Aerobic Latin Dance 10:30am-11:30am Meditation 12pm-1pm Yoga for Seniors & People w/ Disabilities 2pm-3:15pm Kids Polynesian Dance (Ages 4-11 and Parents) 3:30pm-4:15pm Zumba Gold 4:30pm-5:30pm	27 Zumba 9am-10am Yoga for Kids (Ages 4-11 and Parents) 9:30am-10:30am Line Dance 10:30am-11:30am Zumba Kids (Ages 4-11 and Parents) 12pm-1pm
29 <i>Community Health Worker</i> Yoga 9am-10am Strength & Conditioning 12pm-1pm Diabetes Self-Management Program 1pm-3pm Line Dance 1:30pm-2:30pm Zumba 5pm-6pm	30 <i>Medi-Cal Eligibility Worker</i> Zumba Gold 9am-10am Stress Management 10am-11:30am Aerobic Boxing 10:30am-11:30am Fresh Fruit Garden for Kids (Ages 4-11 and Parents) 12pm-1pm Yoga for Seniors & People w/ Disabilities 12pm-1:15pm Tai Chi 3pm-4pm Strength & Conditioning 4:30pm-5:30pm	31 <i>Community Health Worker</i> Zumba 9am-10am Aerobic Latin Dance 10:30am-11:30am Meditation 12pm-1pm Zumba for Kids (Ages 4-11 and Parents) 1:30-2:15 Bagel Fruit Pizza's—Food Demo for Kids (Ages 4-11 and Parents) 2:30pm-3:15pm Yogurt Spinach Dip—Food Demo (Spanish) 3:30pm-4:30pm Yoga 5pm-6pm			
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>

Classes are subject to change. Class space is limited (first come, first served).

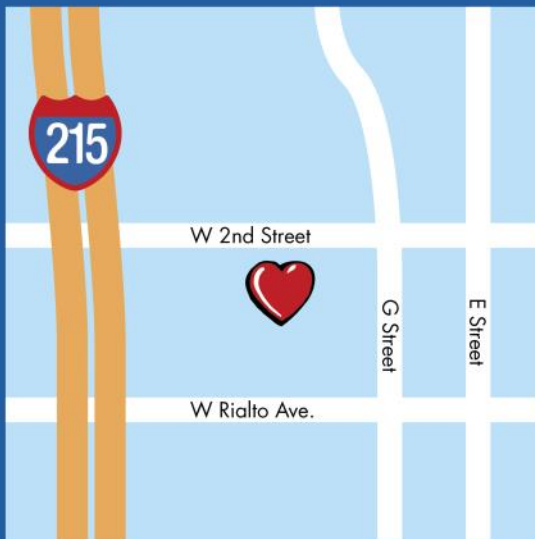
**Our Doors Are Open. See Us Today!**



This CRC Class Mailer is a special promotion for this month only. Visit [www.iehp.org/crc](http://www.iehp.org/crc) for a full list of FREE health and fitness classes each month.

<b>This Month Only: Enjoy this Special Mailer July 2019 Class Information</b>	<b>Adults 12 +</b>	<b>Seniors</b>	<b>Kids (Ages 4-11)</b>	<b>English</b>	<b>Spanish</b>
<b>Fitness and Dance Classes</b> (ages 12 and up): Stay active with Zumba, Zumba Gold, Zumba for IEHP Members, Zumba for Kids (ages 4-11), Aerobic Boxing, Strength & Conditioning, Meditation, Yoga, Yoga for Seniors & People with Disabilities, Tai Chi, and Line Dance.	✓	✓	✓	✓	✓
<b>Eat Healthy, Be Active</b> This series of four, two-hour workshops focus on wellness through healthy eating and exercise. Enjoy hands-on activities, view short videos, and get a workbook to take home. (Weight tracking is not required).	✓	✓	✓ <small>Ages 7-17 with Adult</small>	✓	✓
<b>Circle Time</b> For toddlers up to age five, this class offers learning and language for little ones and their parents/caregivers, focusing on healthy behaviors and developmental milestones. Ages 0-5 and parents.	✓	✓	✓ <small>Ages 0-5</small>	✓	✓
<b>CPR</b> (for the first 30 people who sign up; ages 18 and over) Get certified for two years for CPR and First Aid through American Heart Association. For ages 18 and older. On first come first serve basis.	✓ <small>18+</small>	✓		✓	✓
<b>Nutrition Classes and Food Demos</b> (for the first 30 people who sign up) Fun and engaging classes for adults to learn about nutrition. 1. Turkey Hot Dogs 2. Bean Tostadas 3. Spinach Dip and Yogurt	✓	✓		✓	✓
<b>Nutrition Classes and Food Demos for Kids</b> (for the first 30 parents with kids who sign up) Fun and engaging classes for kids to learn about nutrition. 1. Garden Party Snacks 2. Spinach Grilled Cheese 3. Apple Cookies 4. Bagel Fruit Pizza's	✓		✓	✓	✓
<b>IEHP Member Orientation</b> Get a \$15 grocery certificate for completing this class. You'll learn how to use your IEHP benefits, ways to get care, and more. (Must be active with IEHP.)	✓	✓		✓	✓
<b>My Life, My Choice</b> This class focuses on an important legal document called an "Advance Care Plan." Advance care planning is making decisions about the health care you would want to receive if you become unable to speak for yourself.	✓	✓		✓	✓

Now with three locations for your convenience in Riverside, San Bernardino and Victorville!



**Metro:** Lines 1, 3/4, 10 San Bernardino Transit Center is located on the corner of Rialto Ave. & E. Street  
**FREE Parking Available**

You can also view our schedule of **FREE** health and fitness classes at [www.iehp.org/crc](http://www.iehp.org/crc) or call **1-866-228-4347**. TTY users should call **711**.

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