

- ♥ 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

June 2019

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|--|---|---|
| | | | | | 1 Zumba 9am-10am Line Dance 10:30am-11:30am Zumba Kids (Ages 4-11 and Parents) 12pm-12:45pm Food Demo for Kids (ages 4-11 and Parents) 1pm-1:45pm |
| 3 Community Health Worker Yoga 9am-10am My Health, My Way 10:30am-11:30am 11:30am-12:30pm (Spanish) Strength & Conditioning 12pm-1pm Diabetes Self-Management Program 1pm-2:30pm Line Dance 1:30pm-2:30pm Zumba 5pm-6pm | 4 Medi-Cal Eligibility Worker Zumba Gold 9am-10am Art Therapy 10am-12pm Aerobic Boxing 10:30am-11:30am Kids-Preparing your Garden for Summer (Ages 4-11 and Parents) 12pm-12:45pm CPR 1pm-5pm Yoga for Seniors & People w/ Disabilities 12pm-1:15pm Tai Chi 3pm-4pm Strength & Conditioning 4:30pm-5:30pm | 5 Community Health Worker Zumba 9am-10am Aerobic Latin Dance 10:30am-11:30am Meditation 12pm-1pm Zumba for Kids (Ages 4-11 and Parents) 1:30pm-2:30pm Veggie and Chicken Pasta Salad—Food Demo (Spanish) 3:30-4:30 Yoga 5pm-6pm | 6 Medi-Cal Eligibility Worker 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 12pm-2pm Tai Chi 3pm-4pm Zumba 5pm-6pm | 7 Community Health Worker Zumba 9am-10am Aerobic Latin Dance 10:30am-11:30am Meditation 12pm-1pm IEHP Member Orientation 1pm-2pm CPR 2pm-6pm Yoga for Seniors & People w/ Disabilities 2pm-3:15pm Kids Polynesian Dance 3:30pm-4:30pm Zumba Gold 4:30pm-5:30pm | 8 Zumba 9am-10am Line Dance 10:30am-11:30am Zumba Kids (Ages 4-11 and Parents) 12pm-12:45pm |
| 10 Community Health Worker Yoga 9am-10am Strength & Conditioning 12pm-1pm Diabetes Self-Management Program 1pm-2:30pm Line Dance 1:30pm-2:30pm Zumba 5pm-6pm | 11 Medi-Cal Eligibility Worker Zumba Gold 9am-10am Prenatal Workshop 9:30am-12:30pm Aerobic Boxing 10:30am-11:30am Kids-Preparing your Garden for Summer (Ages 4-11 and Parents) 12pm-12:45pm Yoga for Seniors & People w/ Disabilities 12pm-1:15pm Tai Chi 3pm-4pm Strength & Conditioning 4:30pm-5:30pm | 12 Community Health Worker Zumba 9am-10am Aerobic Latin Dance 10:30am-11:30am Understanding Diabetes 11am-12pm Meditation 12pm-1pm Zumba for Kids (Ages 4-11 and Parents) 1:30pm-2:30pm Yogurt and Granola Parfait—Food Demo for Kids (Ages 4-11 and Parents) 2:30pm-3:30pm Let's get Grilling! Chipotle Black Bean Burgers—Food Demo 3:30-4:30 Yoga 5pm-6pm | 13 Medi-Cal Eligibility Worker Yoga 9am-10am Circle Time (ages 0-5) 9:30am-10am 10:30am-11am A Healthier You 11am-12pm Aerobic Boxing 10:30am-11:30am Eat Healthy, Be Active #2 12pm-2pm Tai Chi 3pm-4pm Zumba 5pm-6pm | 14 Community Health Worker Zumba 9am-10am Aerobic Latin Dance 10:30am-11:30am Meditation 12pm-1pm CPR 2pm-6pm Yoga for Seniors & People w/ Disabilities 2pm-3:15pm Kids Polynesian Dance 3:30pm-4:30pm Zumba Gold 4:30pm-5:30pm | 15 Zumba 9am-10am Yoga for Kids 9:30am-10:30am Line Dance 10:30am-11:30am Zumba Kids (Ages 4-11 and Parents) 12pm-12:45pm |
| 17 Community Health Worker Yoga 9am-10am Strength & Conditioning 12pm-1pm Line Dance 1:30pm-2:30pm Zumba 5pm-6pm | 18 Medi-Cal Eligibility Worker Zumba Gold 9am-10am Aerobic Boxing 10:30am-11:30am Kids-Preparing your Garden for Summer (Ages 4-11 and Parents) 12pm-12:45pm Yoga for Seniors & People w/ Disabilities 12pm-1:15pm Tai Chi 3pm-4pm Strength & Conditioning 4:30pm-5:30pm | 19 Community Health Worker Zumba 9am-10am Aerobic Latin Dance 10:30am-11:30am Meditation 12pm-1pm Turkey Hot Dogs—Food Demo for Kids (Ages 4-11 and Parents) 1:30pm-2:30pm Zumba for Kids (Ages 4-11 and Parents) 2:30pm-3:30pm Let's get Grilling! Chipotle Black Bean Burgers—Food Demo (Spanish) 3:30pm-4:30pm Yoga 5pm-6pm | 20 Medi-Cal Eligibility Worker Yoga 9am-10am Circle Time (ages 0-5) 9:30am-10am 10:30am-11am Aerobic Boxing 10:30am-11:30am Eat Healthy, Be Active #3 12pm-2pm IEHP Member Orientation (Spanish) 2:30pm-3:30pm Tai Chi 3pm-4pm Zumba 5pm-6pm | 21 Community Health Worker Zumba 9am-10am Aerobic Latin Dance 10:30am-11:30am Communication 10:30am-12pm Meditation 12pm-1pm Yoga for Seniors & People w/ Disabilities 2pm-3:15pm Kids Polynesian Dance 3:30pm-4:30pm Zumba Gold 4:30pm-5:30pm | 22 Zumba 9am-10am Yoga for Kids 9:30am-10:30am Line Dance 10:30am-11:30am Zumba Kids (Ages 4-11 and Parents) 12pm-12:45pm |
| 24 Community Health Worker Yoga 9am-10am Strength & Conditioning 12pm-1pm Line Dance 1:30pm-2:30pm Zumba 5pm-6pm | 25 Medi-Cal Eligibility Worker Zumba Gold 9am-10am Aerobic Boxing 10:30am-11:30am Kids-Preparing your Garden for Summer (Ages 4-11 and Parents) 12pm-12:45pm Yoga for Seniors & People w/ Disabilities 12pm-1:15pm Tai Chi 3pm-4pm Strength & Conditioning 4:30pm-5:30pm | 26 Community Health Worker Zumba 9am-10am Aerobic Latin Dance 10:30am-11:30am Meditation 12pm-1pm Zumba for Kids (Ages 4-11 and Parents) 1:30-2:30 Banana Nut Roll Up—Food Demo 2:30pm-3:30 Turkey Hot Dogs—Food Demo 3:30-4:30 Yoga 5pm-6pm | 27 Medi-Cal Eligibility Worker Yoga 9am-10am Circle Time (ages 0-5) 9:30am-10am 10:30am-11am A Healthier You (Spanish) 11am-12pm Aerobic Boxing 10:30am-11:30am Eat Healthy, Be Active #4 12pm-2pm Tai Chi 3pm-4pm Zumba 5pm-6pm | 28 Community Health Worker Zumba 9am-10am Aerobic Latin Dance 10:30am-11:30am Meditation 12pm-1pm Communication (Spanish) 12pm-1:30pm CPR (Spanish) 2pm-6pm Yoga for Seniors & People w/ Disabilities 2pm-3:15pm Kids Polynesian Dance 3:30pm-4:30pm Zumba Gold 4:30pm-5:30pm | 29 Zumba 9am-10am Line Dance 10:30am-11:30am Zumba Kids (ages 4-11 and Parents) 12pm-12:45pm |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |

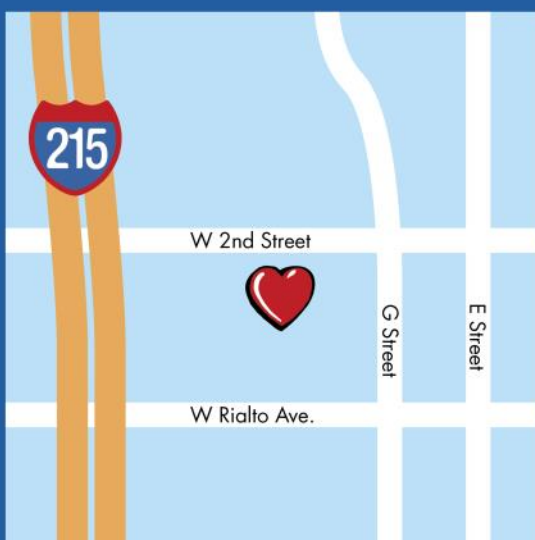
Our Doors Are Open. See Us Today!



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

| This Month Only: Enjoy this Special Mailer June 2019 Class Information | Adults 12 + | Seniors | Kids (Ages 4-11) | English | Spanish |
|--|-------------------------|----------------|--|----------------|----------------|
| Fitness and Dance Classes (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. | ✓ | ✓ | ✓ | ✓ | ✓ |
| Eat Healthy, Be Active 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> | ✓ | ✓ |
| Circle Time 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> | ✓ | ✓ |
| CPR (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> | ✓ | | ✓ | ✓ |
| Nutrition Classes and Food Demos (for the first 30 people who sign up) Fun and engaging classes for adults to learn about nutrition. 1. Veggie and Chicken Pasta Salad 2. Let's get Grilling (Chipotle Black Bean Burgers) 3. Turkey Dogs and Fruit Kabobs | ✓ | ✓ | ✓ | ✓ | ✓ |
| Nutrition Classes and Food Demos for Kids (for the first 30 parents with kids who sign up) Fun and engaging classes for kids to learn about nutrition. 1. Fruit Yogurt and Granola Parfaits 2. Turkey Hot Dogs 3. Banana Nut Roll Up | ✓ | | ✓ | ✓ | ✓ |
| IEHP Member Orientation 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). | ✓ | ✓ | | ✓ | ✓ |
| My Health, My Way 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 or call **1-866-228-4347**. TTY users should call **711**.

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