

- ♥ 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

May 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Community Health Worker Zumba for IEHP Members 9am-10am Aerobic Latin Dance 10:30am-11:30am Understanding Diabetes (Spanish) 11am-12pm Meditation 12pm-1pm Vegetables in the Garden 1pm-2pm 2pm-3pm (Spanish) Egg White Sandwiches — Food Demo 3:30pm-4:30pm Yoga 5pm-6pm	2 Medi-Cal Eligibility Worker Yoga 9am-10am Circle Time (ages 0-5) 9:30am-10am 10:30am-11am Aerobic Boxing 10:30am-11:30am Member Orientation 2:30pm-3:30pm Tai Chi 3pm-4pm Zumba 5pm-6pm	3 Community Health Worker Zumba 9am-10am Aerobic Latin Dance 10:30am-11:30am Meditation 12pm-1pm Yoga for Seniors & People w/ Disabilities 2pm-3:15pm Zumba Gold 4:30pm-5:30pm	4 Zumba 9am-10am IEHP Family Asthma Class (Spanish) 10:30am-1pm Line Dance 10:30am-11:30am Zumba Kids (ages 5-11 and Parents) 12pm-12:45pm Bagel Fruit Pizza – Food Demo for Kids (ages 5-11 and Parents) 1pm-1:45pm
6 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	7 Medi-Cal Eligibility Worker Zumba Gold 9am-10am Aerobic Boxing 10:30am-11:30am Yoga for Seniors & People w/ Disabilities 12pm-1:15pm Tai Chi 3pm-4pm Strength & Conditioning 4:30pm-5:30pm	8 Community Health Worker Zumba for IEHP Members 9am-10am Aerobic Latin Dance 10:30am-11:30am Meditation 12pm-1pm Member Orientation 2pm-3pm Egg White Sandwiches — Food Demo (Spanish) 3:30pm-4:30pm Yoga 5pm-6pm	9 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 Member Orientation (Spanish) 2:30pm-3:30pm Tai Chi 3pm-4pm Zumba 5pm-6pm	10 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 (Canceled) 2pm-3:15pm Zumba Gold 4:30pm-5:30pm	11 Zumba 9am-10am Line Dance 10:30am-11:30am Zumba Kids (ages 5-11 and Parents) 12pm-12:45pm Mother's Day Garden (ages 5-11 and Parents) 1pm-1:45pm
13 Community Health Worker Yoga 9am-10am Understanding Depression 10:30am-12pm** 12pm-1:30pm** (Spanish) Diabetes Self-Management Program 1pm-2:30pm Meditation 2pm-3pm IEHP Behavioral Health Services 3pm-4pm Laughter and Self Care 4pm-5pm STRESS LESS DAY! **A light lunch will be provided for those who take the 10:30am and 12pm class.	14 Medi-Cal Eligibility Worker Zumba Gold 9am-10am Prenatal Workshop 9:30am-12:30pm Aerobic Boxing 10:30am-11:30am Yoga for Seniors & People w/ Disabilities 12pm-1:15pm Tai Chi 3pm-4pm Strength & Conditioning 4:30pm-5:30pm	15 Community Health Worker Zumba for IEHP Members 9am-10am Aerobic Latin Dance 10:30am-11:30am Understanding Diabetes 11am-12pm Meditation 12pm-1pm IEHP Member Orientation (Spanish) 2pm-3pm Cucumber Salad — Food Demo 3:30pm-4:30pm Yoga 5pm-6pm	16 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 #2 12pm-2pm Tai Chi 3pm-4pm Zumba 5pm-6pm	17 Community Health Worker Zumba 9am-10am Aerobic Latin Dance 10:30am-11:30am Meditation 12pm-1pm Yoga for Seniors & People w/ Disabilities 2pm-3:15pm IEHP Member Orientation 3pm-4pm Zumba Gold 4:30pm-5:30pm	18 Zumba 9am-10am IEHP Family Asthma Class 10:30am-1:00pm Line Dance 10:30am-11:30am Zumba Kids (ages 5-11 and Parents) 12pm-12:45pm
20 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	21 Medi-Cal Eligibility Worker Zumba Gold 9am-10am Aerobic Boxing 10:30am-11:30am CPR (Spanish) 11am-3pm Yoga for Seniors & People w/ Disabilities 12pm-1:15pm Tai Chi 3pm-4pm Strength & Conditioning 4:30pm-5:30pm	22 Community Health Worker Zumba for IEHP Members 9am-10am IFHMB Fair Housing Workshop 10am-12pm Aerobic Latin Dance 10:30am-11:30am Meditation 12pm-1pm Cucumber Salad — Food Demo (Spanish) 3:30pm-4:30pm Yoga 5pm-6pm	23 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 Member Orientation (Spanish) 2:30pm-3:30pm Tai Chi 3pm-4pm Zumba 5pm-6pm	24 Community Health Worker Zumba 9am-10am Aerobic Latin Dance 10:30am-11:30am 10 Signs of Alzheimer's Disease 10:30am-11:30am 11:30am-12:30pm (Spanish) Meditation 12pm-1pm Yoga for Seniors & People w/ Disabilities 2pm-3:15pm IEHP Member Orientation 3pm-4pm Zumba Gold 4:30pm-5:30pm	25
27 	28 Medi-Cal Eligibility Worker Zumba Gold 9am-10am Aerobic Boxing 10:30am-11:30am Yoga for Seniors & People w/ Disabilities 12pm-1:15pm Tai Chi 3pm-4pm IEHP Member Orientation 3:30pm-4:30pm Strength & Conditioning 4:30pm-5:30pm	29 Community Health Worker Zumba for IEHP Members 9am-10am Aerobic Latin Dance 10:30am-11:30am Meditation 12pm-1pm IEHP Member Orientation (Spanish) 2pm-3pm Veggie & Chicken Pasta Salad — Food Demo (Spanish) 3:30pm-4:30pm Yoga 5pm-6pm	30 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 #4 12pm-2pm Tai Chi 3pm-4pm Zumba 5pm-6pm	31 Community Health Worker Zumba 9am-10am Aerobic Latin Dance 10:30am-11:30am Meditation 12pm-1pm CPR for IEHP Members 12pm-4pm Yoga for Seniors & People w/ Disabilities 2pm-3:15pm Zumba Gold 4:30pm-5:30pm	
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

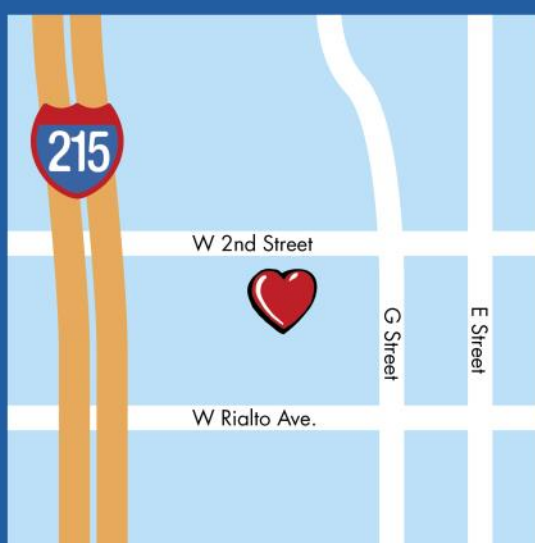
Our Doors Are Open. See Us Today!



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 May 2019 Class Information	Adults 12 +	Seniors	Kids (Ages 5-11)	English	Spanish
Fitness and Dance Classes (ages 12 and up): Stay active with Zumba, Zumba Gold, Zumba for IEHP Members, Zumba for Kids (ages 5-11), 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. Egg White Sandwiches 2. Veggie & Chicken Pasta Salad 3. Cucumber Salad 4. Bagel Fruit Pizza's (Kids Food Demo)	✓	✓	✓	✓	✓
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.	✓	✓		✓	✓
IFHMB (Inland Fair Housing and Meditation Board) Free fair housing workshop. Federal and State fair housing laws, new HUD guidelines on tenants with housing issues.	✓	✓		✓	

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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