














Community Resource Center - RIVERSIDE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>February is American Heart Month. Take steps to lower your risk for heart disease. Check out our FREE heart-healthy classes this month. Wear RED on the days you see the hearts.</p> 		<p>1 Strength and Conditioning 9am-10am Immigration Policy Updates (Bilingual) 10am-11am Zumba Chair 10:30am-11:30am Sweet Potato Stir Fry — Food Demo (Spanish) 11:30am-12:30pm Job Search Strategies (Spanish) 1pm-3pm</p>	<p>2 Latin Dance 9am-10am Job Search Strategies 9:30am-11:30am Meditation 10:30am-11:30am Medicare 3pm-3:30pm 3:30pm-4pm (Spanish) Zumba 5pm-6pm</p>	<p>3 Healthy Heart #2 9am-10am Zumba 9am-10am Eat Healthy, Be Active #4 (Spanish) 10:30am-11:30am Zumbini (Ages 0-3) 11am-11:45am Living Well in the Community #3 12pm-1pm Yoga for Seniors & People w/ disabilities 2pm-3pm Latin Dance 5pm-6pm</p> 	<p>4 Zumba 8:30am-9:30am Fruit Sushi — Kids Food Demo (Ages 4-11) 10:30am-11:15am Zumba Kids (Ages 4-11) 11:30am-12:15pm</p> 
<p>6 Zumba 9am-10am Healthy Relationships 10am-11am Strength and Conditioning 10:30am-11:30am Bean Tostadas — Food Demo 11:30am-12:30pm Zumbini (Ages 0-3) 5pm-5:45pm Aerobic Boxing 5pm-6pm</p>	<p>7 Meditation 10:30am-11:30am Understanding Diabetes #3 (Spanish) 10:30am-11:30am Yoga for Seniors & People w/disabilities 2pm-3pm Asthma Self-Management #2 (Spanish) 2:30pm-3:30pm Understanding Diabetes #4 4pm-5pm Zumba 5pm-6pm</p>	<p>8 Strength and Conditioning 9am-10am California Lifeline & Do Not Call List (Bilingual) 10am-11am Zumba Chair 10:30am-11:30am Bean Tostadas — Food Demo (Spanish) 11:30am-12:30pm Your Health and Wellness Benefits 1pm-2pm</p>	<p>9 Latin Dance 9am-10am Caregivers Toolbox: Heart Health 10am-12pm Meditation 10:30am-11:30am CPR 12pm-3pm Zumba 5pm-6pm</p> 	<p>10 My Life, My Choice 9am-10am Zumba 9am-10am Eat Healthy, Be Active #1 (Spanish) 10:30am-11:30am Zumbini (Ages 0-3) 11am-11:45am Healthy Heart #3 (Spanish) 12pm-1pm Caregivers Toolbox: Heart Health (Spanish) 1pm-3pm Yoga for Seniors & People w/ disabilities 2pm-3pm Latin Dance 5pm-6pm</p> 	<p>11 Zumba 8:30am-9:30am Sweetheart Garden for Kids (Ages 4-11) 10:30am-11:15am Zumba Kids (Ages 4-11) 11:30am-12:15pm</p>
<p>13 Zumba 9am-10am Healthy Relationships (Spanish) 10am-11am Strength and Conditioning 10:30am-11:30am Fruit Spring Rolls — Food Demo 11:30am-12:30pm Zumbini (Ages 0-3) 5pm-5:45pm Aerobic Boxing 5pm-6pm</p>	<p>14 Eat Healthy, Be Active #2 10:30am-11:30am Meditation 10:30am-11:30am Yoga for Seniors & People w/disabilities 2pm-3pm Asthma Self-Management #1 2:30pm-3:30pm Understanding Diabetes #4 (Spanish) 4pm-5pm Zumba 5pm-6pm</p> 	<p>15 CLOSED 9am-1pm Strength and Conditioning Canceled Zumba Chair Canceled Food Demo (Spanish) Canceled</p>	<p>16 Latin Dance 9am-10am Meditation 10:30am-11:30am Sweetheart Garden (Bilingual) 1pm-2pm Heart Healthy Meals — Food Demo with Chef Mario (Bilingual) 3pm-4pm Zumba 5pm-6pm</p> 	<p>17 Healthy Heart #3 9am-10am Zumba 9am-10am Asthma Self-Management #2 10:30am-11:30am Zumbini (Ages 0-3) 11am-11:45am Living Well in the Community #4 12pm-1pm Medi-Cal Dental Benefits 1pm-2pm Yoga for Seniors & People w/ disabilities 2pm-3pm Latin Dance 5pm-6pm</p>	<p>18 CLOSED</p> 
<p>20 CLOSED</p> 	<p>21 Healthy Heart #4 (Spanish) 10:30am-11:30am Meditation 10:30am-11:30am Yoga for Seniors & People w/disabilities 2pm-3pm Understanding Diabetes #5 2:30pm-3:30pm Becoming a Mom #2 (Spanish) 4pm-5pm Zumba 5pm-6pm</p> 	<p>22 Strength and Conditioning 9am-10am Zumba Chair 10:30am-11:30am Fruit Springs Rolls — Food Demo (Spanish) 11:30am-12:30pm Mock Interviewing (Spanish) 1pm-3pm</p> 	<p>23 Latin Dance 9am-10am Mock Interviewing 9:30am-11:30am Meditation 10:30am-11:30am CPR (Spanish) 12pm-3pm Zumba 5pm-6pm</p>	<p>24 Eat Healthy, Be Active #3 9am-10am Zumba 9am-10am Living Well in the Community #5 10:30am-11:30am Zumbini (Ages 0-3) 11am-11:45am My Life, My Choice (Spanish) 12pm-1pm Medi-Cal Dental Benefits (Spanish) 1pm-2pm Yoga for Seniors & People w/disabilities 2pm-3pm Latin Dance 5pm-6pm</p>	<p>25 Zumba 8:30am-9:30am Eat Healthy, Be Active #2 (Spanish) 9:45am-10:45am Zumba Kids (Ages 4-11) 11:30am-12:15pm</p>
<p>27 Zumba 9am-10am Breast and Cervical health (Bilingual) 10am-11:30am Strength and Conditioning 10:30am-11:30am Avocado Egg Salad — Food Demo 11:30am-12:30pm Your Health and Wellness Benefits (Spanish) 1:30pm-2:30pm Zumbini (Ages 0-3) 5pm-5:45pm Aerobic Boxing 5pm-6pm</p> 	<p>28 Eat Healthy, Be Active #4 10:30am-11:30am Meditation 10:30am-11:30am Hanging Herb Garden (Bilingual) 1pm-2pm Yoga for Seniors & People w/disabilities 2pm-3pm Asthma Self-Management #1 (Spanish) 2:30pm-3:30pm Understanding Diabetes #5 (Spanish) 4pm-5pm Zumba 5pm-6pm</p>	<p>Meet with our Community Health Worker (CHW) and get connected to services in your area, like food, housing, jobs, and childcare.</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