

Community Resource Center - SAN BERNARDINO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<p>Zumba 9am-10am</p> <p>Yoga for Seniors & People w/Disabilities 12:30pm-1:30pm</p> <p>Living Well in the Community #3 1pm-2pm</p> <p>Understanding Diabetes #4 2:30pm-3:30pm</p> <p>Healthy Heart #2 4pm-5pm</p> <p>Aerobic Boxing 5pm-6pm</p>	<p>Strength and Conditioning 9am-10am</p> <p>Zumba 10:30am-11:30am</p> <p>Medicare 101 11:30am-12pm (Spanish) 12pm-12:30pm</p> <p>Meditation 12:30pm-1:30pm</p> <p>Yoga 5pm-6pm</p>	<p>Yoga 9am-10am</p> <p>Knitting & Crochet Club (Self-Led) 10am-11am</p> <p>Aerobic Boxing 11am-12pm</p> <p>Interview Skills 3pm-5pm</p> <p>Zumba 5pm-6pm</p>	<p>Zumba 8:30am-9:30am</p> <p>Zumbini (ages 0-3) 10am-10:45am</p> <p>Zumba for Kids (ages 4-11) 11am-11:45am</p>
<p>Zumba 9am-10am</p> <p>Understanding Diabetes #4 (Spanish) 10am-11am</p> <p>Eat Healthy, Be Active #4 (Spanish) 11:30am-12:30pm</p> <p>Yoga for Seniors & People w/Disabilities 12:30pm-1:30pm</p> <p>My Life, My Choice 1:30pm-2:30pm</p> <p>Chair Fitness 2:30pm-3:30pm</p> <p>Breakfast Egg White Sandwich — Food Demo (Bilingual) 4pm-5pm</p>	<p>Medi-Cal Eligibility Worker *</p> <p>Latin Dance 9am-10am</p> <p>CPR 10am-1pm</p> <p>Zumbini (ages 0-3) 11am-11:45am</p> <p>Meditation 12:30pm-1:30pm</p> <p>Your Health and Wellness Benefits (Spanish) 1pm-2pm</p> <p>Bean Tostadas — Food Demo (Bilingual) 2:30pm-3:30pm</p> <p>Effective Communication 4pm-5pm</p> <p>Yoga 5pm-6pm</p>	<p>Zumba 9am-10am</p> <p>Medi-Cal Dental Benefits 10am-11am (Spanish) 11am-12pm</p> <p>Yoga for Seniors & People w/Disabilities 12:30pm-1:30pm</p> <p>Living Well in the Community #4 1pm-2pm</p> <p>Understanding Diabetes #5 2:30pm-3:30pm</p> <p>Eat Healthy, Be Active #2 4pm-5pm</p> <p>Aerobic Boxing 5pm-6pm</p>	<p>Strength and Conditioning 9am-10am</p> <p>Zumba 10:30am-11:30am</p> <p>Herb Hanging Garden (Bilingual) 11:30am-12:30pm</p> <p>Meditation 12:30pm-1:30pm</p> <p>Heart Health 2pm-4pm</p> <p>Yoga 5pm-6pm</p>	<p>Yoga 9am-10am</p> <p>Knitting & Crochet Club (Self-Led) 10am-11am</p> <p>Aerobic Boxing 11am-12pm</p> <p>Interview Skills (Spanish) 3pm-5pm</p> <p>Zumba 5pm-6pm</p>	<p>Zumba 8:30am-9:30am</p> <p>Zumbini (ages 0-3) 10am-10:45am</p> <p>Zumba for Kids (ages 4-11) 11am-11:45am</p> <p>Fruit Sushi — Food Demo for Kids (ages 4-11) 12pm-12:45pm</p>
<p>Zumba 9am-10am</p> <p>Understanding Diabetes #5 (Spanish) 10am-11am</p> <p>Eat Healthy, Be Active #1 (Spanish) 11:30am-12:30pm</p> <p>Yoga for Seniors & People w/Disabilities 12:30pm-1:30pm</p> <p>Asthma Self-Management #2 (Spanish) 1:30pm-2:30pm</p> <p>Chair Fitness 2:30pm-3:30pm</p> <p>Fruit Spring Rolls — Food Demo (Bilingual) 4pm-5pm</p>	<p>Medi-Cal Eligibility Worker *</p> <p>Latin Dance 9am-10am</p> <p>CPR (Spanish) 10am-1pm</p> <p>Zumbini (ages 0-3) 11am-11:45am</p> <p>Meditation 12:30pm-1:30pm</p> <p>Avocado Egg Salad — Food Demo (Bilingual) 2:30pm-3:30pm</p> <p>Yoga 5pm-6pm</p>	<p>CLOSED 9am-1pm</p> <p>Zumba Canceled</p> <p>Yoga for Seniors & People w/Disabilities Canceled</p> <p>Asthma Self-Management #2 1pm-2pm</p> <p>Healthy Heart #3 2:30pm-3:30pm</p> <p>My Life My Choice (Spanish) 4pm-5pm</p> <p>Aerobic Boxing 5pm-6pm</p>	<p>Strength and Conditioning 9am-10am</p> <p>Zumba 10:30am-11:30am</p> <p>Heart Healthy Meals— Food Demo with Chef Mario (Bilingual) 11:30am-12:30pm</p> <p>Meditation 12:30pm-1:30pm</p> <p>Effective Communication (Spanish) 2pm-3pm</p> <p>Yoga 5pm-6pm</p>	<p>Yoga 9am-10am</p> <p>Knitting & Crochet Club (Self-Led) 10am-11am</p> <p>Aerobic Boxing 11am-12pm</p> <p>California Lifeline & Do Not Call List (Bilingual) 12pm-1pm</p> <p>How to Keep a Job 3pm-5pm</p> <p>Zumba 5pm-6pm</p>	<p>CLOSED</p>
<p>CLOSED</p>	<p>Medi-Cal Eligibility Worker *</p> <p>Latin Dance 9am-10am</p> <p>Immigration & Policy Updates (Bilingual) 10am-11am</p> <p>Zumbini (ages 0-3) 11am-11:45am</p> <p>Meditation 12:30pm-1:30pm</p> <p>Zoodles Alfredo — Food Demo (Bilingual) 2pm-3pm</p> <p>Yoga 5pm-6pm</p>	<p>Zumba 9am-10am</p> <p>Your Health and Wellness Benefits (Spanish) 10am-11am</p> <p>Yoga for Seniors & People w/Disabilities 12:30pm-1:30pm</p> <p>Living Well in the Community #5 1pm-2pm</p> <p>Becoming a Mom #1 2:30pm-3:30pm (Spanish)</p> <p>Eat Healthy, Be Active #3 4pm-5pm</p> <p>Aerobic Boxing 5pm-6pm</p>	<p>Strength and Conditioning 9am-10am</p> <p>Zumba 10:30am-11:30am</p> <p>Meditation 12:30pm-1:30pm</p> <p>Heart Health (Spanish) 1:30pm-3:30pm</p> <p>Yoga 5pm-6pm</p>	<p>Yoga 9am-10am</p> <p>Knitting & Crochet Club (Self-Led) 10am-11am</p> <p>Aerobic Boxing 11am-12pm</p> <p>How to Keep a Job (Spanish) 3pm-5pm</p> <p>Zumba 5pm-6pm</p>	<p>Zumba 8:30am-9:30am</p> <p>Zumbini (ages 0-3) 10am-10:45am</p> <p>Zumba for Kids (ages 4-11) 11am-11:45am</p> <p>Fairy Garden for Kids (ages 4-11) 12pm-12:45pm</p>
<p>Zumba 9am-10am</p> <p>Asthma Self-Management #1 10am-11am (Spanish)</p> <p>Eat Healthy, Be Active #2 11:30am-12:30pm (Spanish)</p> <p>Yoga for Seniors & People w/Disabilities 12:30pm-1:30pm</p> <p>Healthy Heart #2 1:30pm-2:30pm (Spanish)</p> <p>Chair Fitness 2:30pm-3:30pm</p> <p>Chicken Enchilada Zucchini Boats — Food Demo 4pm-5pm (Bilingual)</p>	<p>Medi-Cal Eligibility Worker *</p> <p>Latin Dance 9am-10am</p> <p>Zumbini (ages 0-3) 11am-11:45am</p> <p>Meditation 12:30pm-1:30pm</p> <p>Cucumber Salad — Food Demo (Bilingual) 2pm-3pm</p> <p>Yoga 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>*Get Medi-Cal application assistance and more from the on-site Medi-Cal Worker.</p>			
<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 hearts to show support for heart disease awareness.</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