



# Community Resource Center – San Bernardino

Everyone is Welcome! Join us and you will:

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



**805 West 2nd Street, Suite C, San Bernardino, CA 92410**

(at the Marshalls Plaza)

Starting in June, the CRC will be open Monday-Friday, 9am-6pm, and on Saturday, 8:30am-1pm.

## June 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 <i>Community Health Worker</i> <b>Zumba</b> 9am-10am <b>Living Well in the Community #4</b> 9am-10am <b>Understanding Diabetes #3</b> (Spanish) 10:30am-11:30am <b>Yoga for Seniors &amp; People w/ Disabilities</b> 1pm-2pm <b>Turkey Lettuce Wraps — Food Demo</b> 2:30pm-3:30pm <b>Aerobic Boxing</b> 5pm-6pm	2 <i>Community Health Worker</i> <b>Strength and Conditioning</b> 9am-10am <b>Zumba</b> 10:30am-11:30am <b>Meditation</b> 12:30pm-1:30pm <b>Stress Management</b> (Spanish) 2pm-3pm <b>Yoga</b> 5pm-6pm	3 <i>Community Health Worker</i> <b>Yoga</b> 9am-10am <b>Breast and Cervical Health</b> 10:30am-11:30am <b>Aerobic Boxing</b> 11am-12pm <b>Mediation for Kids</b> (Ages 4-11) 1pm-2pm <b>Zumba</b> 5pm-6pm	4 <b>CLOSED</b>
6 <i>Community Health Worker</i> <b>Zumba</b> 9am-10am <b>Yoga for Seniors &amp; People w/ Disabilities</b> 1pm-2pm <b>Chair Fitness</b> 2:30pm-3:30pm	7 <i>Community Health Worker</i> <b>Latin Dance</b> 9am-10am <b>Meditation</b> 12:30pm-1:30pm <b>Family Asthma #1</b> (Spanish) 2:30pm-3:30pm <b>Yoga for Kids</b> (Ages 4-11) 2pm-3pm <b>Find Your Calm #2</b> 4pm-5pm <b>Yoga</b> 5pm-6pm	8 <i>Community Health Worker</i> <b>Zumba</b> 9am-10am <b>Healthy Heart #4</b> (Spanish) 9am-10am <b>Understanding Diabetes #4</b> 10:30am-11:30am <b>CPR</b> 12pm-3pm <b>Yoga for Seniors &amp; People w/ Disabilities</b> 1pm-2pm <b>Turkey Lettuce Wraps — Food Demo</b> (Spanish) 3:30pm-4:30pm <b>Aerobic Boxing</b> 5pm-6pm	9 <i>Community Health Worker</i> <b>Strength and Conditioning</b> 9am-10am <b>Zumba</b> 10:30am-11:30am <b>Meditation</b> 12:30pm-1:30pm <b>Summer Vegetables</b> (Spanish) 11:30am-12:30pm <b>Summer Vegetables</b> 1:30pm-2:30pm <b>Stress Management</b> 3pm-4pm <b>Yoga</b> 5pm-6pm	10 <i>Community Health Worker</i> <b>Yoga</b> 9am-10am <b>Aerobic Boxing</b> 11am-12pm <b>Mediation for Kids</b> (ages 4-11) 1pm-2pm <b>Zumba</b> 5pm-6pm	11 <b>Zumba</b> 8:30am-9:30am <b>Zumba for Kids</b> 10:30am-11:30am <b>Bagel Fruit Pizzas—Food Demo for Kids</b> (Ages 4-11) <b>Cancelled</b>
13 <i>Community Health Worker</i> <b>Zumba</b> 9am-10am <b>Eat Healthy, Be Active #1</b> (Spanish) 10am-11am <b>Family Asthma #1</b> 11:30am-12:30pm <b>Yoga for Seniors &amp; People w/ Disabilities</b> 1pm-2pm <b>Chair Fitness</b> 2:30pm-3:30pm	14 <i>Community Health Worker</i> <b>Latin Dance</b> 9am-10am <b>Meditation</b> 12:30pm-1:30pm <b>Yoga for Kids</b> (Ages 4-11) 2pm-3pm <b>Find Your Calm #2</b> (Spanish) 2:30pm-3:30pm <b>Healthy Heart #1</b> 4pm-5pm <b>Yoga</b> 5pm-6pm	15 <i>Community Health Worker</i> <b>Zumba</b> 9am-10am <b>Living Well in the Community #5</b> 9am-10am <b>Understanding Diabetes #5</b> (Spanish) 10:30am-11:30am <b>Yoga for Seniors &amp; People w/Disabilities</b> 1pm-2pm <b>Chicken Veggie Kabobs — Food Demo</b> 2:30pm-3:30pm <b>Aerobic Boxing</b> 5pm-6pm	16 <i>Community Health Worker</i>  <b>Free COVID Vaccine Event</b> 10am-4:30pm <b>Strength and Conditioning</b> 9am-10am <b>Zumba</b> 10:30am-11:30am <b>Meditation</b> 12:30pm-1:30pm <b>Yoga</b> 5pm-6pm	17 <i>Community Health Worker</i> <b>CLOSED</b> 9am-11:30am <b>Yoga</b> <b>Cancelled</b> <b>Aerobic Boxing</b> 11:30am-12:30pm <b>Breast and Cervical Health</b> (Spanish) 1:30pm-2:30pm <b>Mediation for Kids</b> (Ages 4-11) 1pm-2pm <b>Zumba</b> 5pm-6pm	18  <b>CLOSED</b> in observance of <i>Juneteenth</i>
20  <b>CLOSED</b> in observance of <i>Juneteenth</i>	21 <i>Community Health Worker</i> <b>Latin Dance</b> 9am-10am <b>Meditation</b> 12:30pm-1:30pm <b>Yoga for Kids</b> (Ages 4-11) 2pm-3pm <b>Find Your Calm #1</b> (Spanish) 2:30pm-3:30pm <b>Healthy Heart #2</b> 4pm-5pm <b>Yoga</b> 5pm-6pm	22 <i>Community Health Worker</i> <b>CLOSED</b> 9am-10am <b>Zumba</b> <b>Cancelled</b> <b>Yoga for Seniors &amp; People w/Disabilities</b> 1pm-2pm <b>Chicken Veggie Kabobs — Food Demo</b> (Spanish) 2:30pm-3:30pm <b>Aerobic Boxing</b> 5pm-6pm	23 <i>Community Health Worker</i> <b>Strength and Conditioning</b> 9am-10am <b>Zumba</b> 10:30am-11:30am <b>Meditation</b> 12:30pm-1:30pm <b>Yoga</b> 5pm-6pm	24 <i>Community Health Worker</i> <b>Yoga</b> 9am-10am <b>Aerobic Boxing</b> 11am-12pm <b>Mediation for Kids</b> (Ages 4-11) 1pm-2pm <b>Zumba</b> 5pm-6pm	25 <b>Zumba</b> 8:30am-9:30am <b>Zumba for Kids</b> (Ages 4-11) 10:30am-11:30am <b>Strawberry Shortcake Gardening for Kids</b> (Ages 4-11) 11:30am-12:30pm
27 <i>Community Health Worker</i> <b>Zumba</b> 9am-10am <b>Find Your Calm #1</b> (Spanish) 10am-11am <b>Healthy Heart #2</b> 11:30am-12:30pm <b>Yoga for Seniors &amp; People w/ Disabilities</b> 1pm-2pm <b>Chair Fitness</b> 2:30pm-3:30pm	28 <i>Community Health Worker</i> <b>Latin Dance</b> 9am-10am <b>Pathway to Citizenship</b> (bilingual) 10:30am-11:30am <b>Meditation</b> 12:30pm-1:30pm <b>Yoga for Kids</b> (Ages 4-11) 2pm-3pm <b>Family Asthma #1</b> (Spanish) 2:30pm-3:30pm <b>Find Your Calm #1</b> 4pm-5pm <b>Yoga</b> 5pm-6pm	29 <i>Community Health Worker</i> <b>Zumba</b> 9am-10am <b>Healthy Heart #1</b> (Spanish) 9am-10am <b>Understanding Diabetes #5</b> 10:30am-11:30am <b>CPR</b> (Spanish) 12pm-3pm <b>Yoga for Seniors &amp; People w/Disabilities</b> 1pm-2pm <b>Cheesy Broccoli Quesadillas — Food Demo</b> 3:30pm-4:30pm <b>Aerobic Boxing</b> 5pm-6pm	30 <i>Community Health Worker</i> <b>Strength and Conditioning</b> 9am-10am <b>Zumba</b> 10:30am-11:30am <b>Meditation</b> 12:30pm-1:30pm <b>Yoga</b> 5pm-6pm		
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Classes are subject to change. Spanish: See calendar for schedule. All classes are first come, first serve.



A Public Entity  
Inland Empire Health Plan

P.O. BOX 1800  
Rancho Cucamonga, CA 91729-1800



Visit [www.iehp.org/crc](http://www.iehp.org/crc) for a full list of FREE health and fitness classes each month.

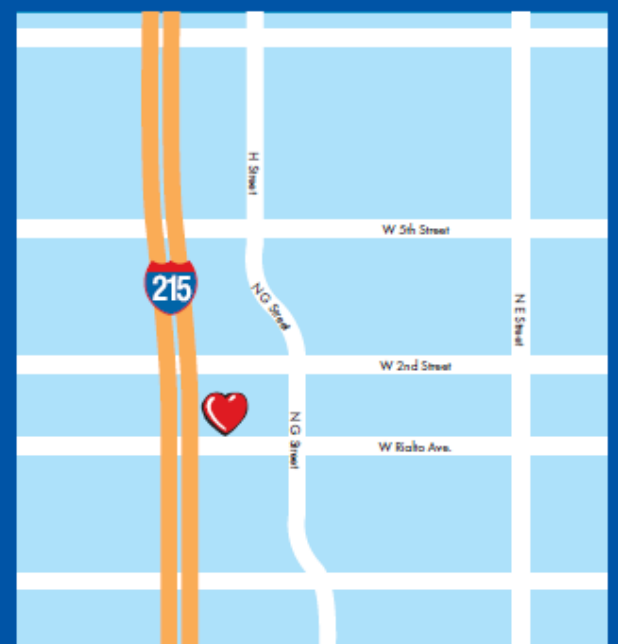
June 2022 Class Information	Adults 12 +	Seniors	Kids (Ages 4-11)	English	Spanish
<b>Fitness Classes</b> (ages 12 and up): Stay active with Zumba, Aerobic Boxing, Meditation, Chair Fitness, Strength and Conditioning, Yoga, and Yoga for Seniors & People with Disabilities.	✓	✓		✓	✓
<b>Bagel Fruit Pizzas—Kids Food Demo</b> <b>Strawberry Shortcake Garden for Kids</b> <b>Meditation for Kids, Zumba for Kids, and Yoga for Kids</b>			✓	✓	
<b>Asthma Self-Management</b> The class helps participants develop a good plan to manage asthma symptoms. Learn to recognize your triggers, use a peak flow meter and an Asthma Action Plan.	✓	✓		✓	✓
<b>Becoming a Mom</b> A perinatal workshop series that focuses on various topics related to healthy pregnancy, childbirth, and newborn care.	✓	✓		✓	✓
<b>CPR</b> <b>(first 30 people who register; ages 18 and over)</b> Get two-year certifications for CPR and First Aid through the American Heart Association. Come early. Registration begins one hour prior to the start of class.	✓ 18+	✓		✓	✓
<b>Eat Healthy, Be Active</b> You will learn about physical activities, stress management, portion and serving sizes, how to read food labels, and other related topics.	✓	✓		✓	✓
<b>Find Your Calm</b> You will learn how stress affects your health and techniques you can use every day to manage stress.	✓	✓		✓	✓
<b>Healthy Heart</b> Blood pressure control and heart health education.	✓	✓		✓	✓
<b>Living Well in the Community in the Community</b> This class will teach you how to set quality of life goals and maintain a healthy lifestyle.	✓	✓		✓	✓
<b>Stress Management</b> Uncontrolled stress can impact your health in a bad way. This class offers tips and tools to reduce and control stress. To sign up and see if you qualify for care of a family member at no cost while you take the class, call the Inland Caregiver Resource Center at (909) 514-1404.	✓	✓		✓	✓
<b>Nutrition Classes and Food Demos</b> <b>(first 30 people who sign up)</b> Fun and engaging classes for adults to learn about nutrition. 1. Turkey Lettuce Wraps 2. Chicken Veggie Kabobs 3. Cheesy Broccoli Quesadillas	✓	✓		✓	✓
<b>Understanding Diabetes</b> The Understanding Diabetes classes are for people with type 2 diabetes and their relatives or those who need information on diabetes self-management. Topics covered include: Creating SMART goals, Healthy Eating; Being Active; Taking Medications; Monitoring; Problem Solving; Healthy Coping; and Reducing Risks.	✓	✓		✓	✓

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



**SCAN ME!**

Use your phone to scan the QR code to view our full schedule of FREE health and fitness classes, or visit [www.iehp.org/crc](http://www.iehp.org/crc).



Inland Empire Health Plan  
[www.iehp.org](http://www.iehp.org)

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

**FREE Parking Available**

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

**1-866-228-4347.** TTY users should call **711**

