



Community Resource Center – Riverside

Everyone is Welcome! Join us and you will:

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



3590 Tyler Street, Suite 101, Riverside, CA 92503

(across from Galleria at Tyler)

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
		<p><i>Community Health Worker 1</i></p> <p>Strength and Conditioning 9am-10am</p> <p>Zumba Chair 10:30am-11:30am</p> <p>Becoming a Mom #5 1pm-2pm</p> <p>Eat Healthy, Be Active #2 (Spanish) 2:30pm-3:30pm</p> <p>Asthma Self-Management #1 4pm-5pm</p> <p>Zumba Kids (Ages 4-11) 5pm-5:45pm</p>	<p><i>Community Health Worker 2</i></p> <p>Aerobic Boxing Canceled</p> <p>Pathway to Citizenship (Bilingual) 9am-10am</p> <p>Meditation 10:30am-11:30am</p> <p>Yoga 3:30pm-4:30pm</p> <p>Zumba 5pm-5:50pm</p>	<p><i>Community Health Worker 3</i></p> <p>Find Your Calm #2 9am-10am</p> <p>Zumba 9am-10am</p> <p>Healthy Heart #2 (Spanish) 10:30am-11:30am</p> <p>Living Well in the Community #3 12:30pm-1:30pm</p> <p>Yoga for Seniors & People w/ disabilities 2pm-3pm</p>	<p>CLOSED</p>
<p><i>Community Health Worker 6</i></p> <p>Zumba 9am-10am</p> <p>Yoga 10:30am-11:30am</p> <p>Turkey Lettuce Wraps — Food Demo 11:30am-12:30pm</p> <p>Meditation for Kids (Ages 4-11) 4pm-4:45pm</p> <p>Aerobic Boxing 5pm-5:50pm</p>	<p><i>Community Health Worker 7</i></p> <p>Eat Healthy, Be Active #3 9am-10am</p> <p>Meditation 10:30am-11:30am</p> <p>Asthma Self-Management #2 10:30am-11:30am</p> <p>Yoga for Seniors & People w/ disabilities 2pm-3pm</p> <p>Find Your Calm #1 4pm-5pm</p> <p>Zumba 5pm-5:50pm</p>	<p><i>Community Health Worker 8</i></p> <p>Strength and Conditioning 9am-10am</p> <p>Zumba Chair 10:30am-11:30am</p> <p>Turkey Lettuce Wraps — Food Demo (Spanish) 11:30am-12:30pm</p> <p>Understanding Diabetes #3 1pm-2pm</p> <p>Becoming a Mom #6 2:30pm-3:30pm</p> <p>Eat Healthy, Be Active #4 4pm-5pm</p> <p>Zumba Kids (Ages 4-11) 5pm-5:45pm</p>	<p><i>Community Health Worker 9</i></p> <p>Aerobic Boxing 9am-10am</p> <p>Meditation 10:30am-11:30am</p> <p>CPR 12pm-3pm</p> <p>Yoga 3:30pm-4:30pm</p> <p>Zumba 5pm-5:50pm</p>	<p><i>Community Health Worker 10</i></p> <p>Zumba 9am-10am</p> <p>Tomato in the Garden 10am-11am (Spanish) 11am-12pm</p> <p>Yoga for Seniors & People w/ disabilities 2pm-3pm</p>	<p><i>11</i></p> <p>Zumba 8:30am-9:30am</p> <p>Strawberry Garden for Kids (Ages 4-11) 10:30am-11:30am</p> <p>Zumba Kids (Ages 4-11) 11:30am-12:15pm</p>
<p><i>Community Health Worker 13</i></p> <p>Zumba 9am-10am</p> <p>Yoga 10:30am-11:30am</p> <p>Food Demo Canceled</p> <p>Family Communication 11:30am-12:30pm</p> <p>Meditation for Kids (Ages 4-11) 4pm-4:45pm</p> <p>Aerobic Boxing 5pm-5:50pm</p>	<p><i>Community Health Worker 14</i></p> <p>Asthma Self-Management #2 (Spanish) 9am-10am</p> <p>Meditation 10:30am-11:30am</p> <p>Find Your Calm #2 (Spanish) 10:30am-11:30am</p> <p>Healthy Heart #3 12:30pm-1:30pm</p> <p>Yoga for Seniors & People w/ disabilities 2pm-3pm</p> <p>Zumba 5pm-5:50pm</p>	<p><i>Community Health Worker 15</i></p> <p>Strength and Conditioning 9am-10am</p> <p>Zumba Chair 10:30am-11:30am</p> <p>Chicken Kabobs — Food Demo 11:30am-12:30pm</p> <p>Living Well in the Community #4 1pm-2pm</p> <p>Understanding Diabetes #3 (Spanish) 2:30pm-3:30pm</p> <p>Becoming a Mom #7 4pm-5pm</p> <p>Zumba Kids (Ages 4-11) 5pm-5:45pm</p>	<p><i>Community Health Worker 16</i></p> <p>Aerobic Boxing 9am-10am</p> <p>Meditation 10:30am-11:30am</p> <p>Breast and Cervical Health 11:30am-12:30pm</p> <p>Yoga 3:30pm-4:30pm</p> <p>Zumba 5pm-5:50pm</p>	<p><i>Community Health Worker 17</i></p> <p>CLOSED 9am-11am</p> <p>Zumba Canceled</p> <p>Family Communication (Spanish) 11:30am-12:30pm</p> <p>Yoga for Seniors & People w/ disabilities 2pm-3pm</p>	<p><i>18</i></p> <p>CLOSED in observance of <i>Juneteenth</i></p>
<p><i>Community Health Worker 20</i></p> <p>CLOSED in observance of <i>Juneteenth</i></p>	<p><i>Community Health Worker 21</i></p> <p>Understanding Diabetes #4 9am-10am</p> <p>Meditation 10:30am-11:30am</p> <p>Becoming a Mom #8 10:30am-11:30am</p> <p>Yoga for Seniors & People w/ disabilities 2pm-3pm</p> <p>Eat Healthy, Be Active #1 4pm-5pm</p> <p>Zumba 5pm-5:50pm</p>	<p><i>Community Health Worker 22</i></p> <p>CLOSED 9am-10am</p> <p>Strength and Conditioning Canceled</p> <p>Zumba Chair 10:30am-11:30am</p> <p>Chicken Kabobs — Food Demo (Spanish) 11:30am-12:30pm</p> <p>Asthma Self-Management #1 (Spanish) 1pm-2pm</p> <p>Find Your Calm #2 2:30pm-3:30pm</p> <p>Healthy Heart #4 4pm-5pm</p> <p>Zumba Kids (Ages 4-11) 5pm-5:45pm</p>	<p><i>Community Health Worker 23</i></p> <p>Aerobic Boxing 9am-10am</p> <p>Meditation 10:30am-11:30am</p> <p>CPR (Spanish) 12pm-3pm</p> <p>Yoga 3:30pm-4:30pm</p> <p>Zumba 5pm-5:50pm</p>	<p><i>Community Health Worker 24</i></p> <p>Healthy Heart #3 9am-10am</p> <p>Zumba 9am-10am</p> <p>Eat Healthy, Be Active #2 10:30am-11:30am</p> <p>Asthma Self-Management #1 12:30pm-1:30pm</p> <p>Yoga for Seniors & People w/ disabilities 2pm-3pm</p>	<p><i>25</i></p> <p>Zumba 8:30am-9:30am</p> <p>Bagel Fruit Pizzas — Kids Food Demo (Ages 4-11) 10:30am-11:30am</p> <p>Zumba Kids (Ages 4-11) 11:30am-12:15pm</p>
<p><i>Community Health Worker 27</i></p> <p>Zumba 9am-10am</p> <p>Yoga 10:30am-11:30am</p> <p>Blackbean Salad — Food Demo 11:30am-12:30pm</p> <p>Meditation for Kids (Ages 4-11) 4pm-4:45pm</p> <p>Understanding Alzheimer's Disease 4pm-5pm</p> <p>Aerobic Boxing 5pm-5:50pm</p>	<p><i>Community Health Worker 28</i></p> <p>Meditation 10:30am-11:30am</p> <p>Breast and Cervical Health (Spanish) 11:30am-12:30pm</p> <p>Yoga for Seniors & People w/ disabilities 2pm-3pm</p> <p>Zumba 5pm-5:50pm</p>	<p><i>Community Health Worker 29</i></p> <p>Strength and Conditioning 9am-10am</p> <p>Zumba Chair 10:30am-11:30am</p> <p>Blackbean Salad — Food Demo (Spanish) 11:30am-12:30pm</p> <p>Understanding Alzheimer's Disease (Spanish) 1pm-2pm</p> <p>Zumba Kids (Ages 4-11) 5pm-5:45pm</p>	<p><i>Community Health Worker 30</i></p> <p>Aerobic Boxing 9am-10am</p> <p>Meditation 10:30am-11:30am</p> <p>Yoga 3:30pm-4:30pm</p> <p>Zumba 5pm-5:50pm</p> <p>Special Event! To learn more, call 1-866-228-4347</p>		
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

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



Inland Empire Health Plan

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



Visit www.iehp.org/crc for a full list of FREE health and fitness classes each month.

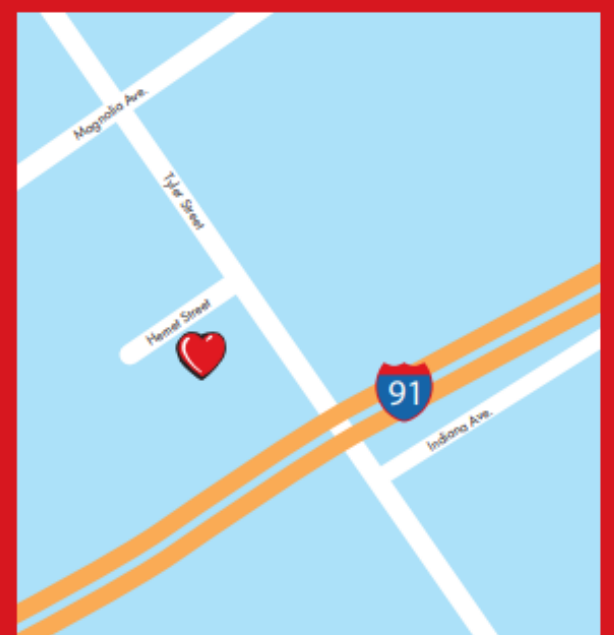
June 2022 Class Information	Adults 12 +	Seniors	Kids (Ages 4-11)	English	Spanish
Fitness and Dance Classes (ages 12 and up) Stay active with Zumba, Zumba Chair, Aerobic Boxing, Meditation, Strength & Conditioning, Yoga, Yoga for Seniors & People with Disabilities.	✓	✓		✓	✓
Bagel Fruit Pizzas — Kids Food Demo Strawberry Garden for Kids Meditation for Kids and Zumba for Kids			✓	✓	
Asthma Self-Management 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.	✓	✓		✓	✓
Becoming a Mom A perinatal workshop series that focuses on various topics related to healthy pregnancy, childbirth, and newborn care.	✓	✓		✓	✓
CPR (first 30 people who register; ages 18+) 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+	✓		✓	✓
Eat Healthy, Be Active You will learn about physical activities, stress management, portion and serving sizes, how to read food labels, and other related topics.	✓	✓		✓	✓
Family Communication Learn the benefits of talking to young people about sex. This class offers tips to start talking to your kids at the right age using the right resources.	✓	✓		✓	✓
Find Your Calm You will learn how stress affects your health and techniques you can use every day to manage stress.	✓	✓		✓	✓
Healthy Heart Blood pressure control and heart health education.	✓	✓		✓	✓
Living Well in the Community This class will teach you how to set quality of life goals and maintain a healthy lifestyle.	✓	✓		✓	✓
Food Demo Classes and Food Demos (first 30 people who sign up) Fun and engaging classes for adults to learn about nutrition. 1. Turkey Lettuce Wraps 2. Chicken Veggies Kabobs 3. Blackbean Salad	✓	✓		✓	✓
Understanding Diabetes 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.



Inland Empire Health Plan
www.iehp.org

Metro: Galleria Mall at Tyler Bus Stop is Located on the corner of Magnolia Ave. and Tyler St.

FREE Parking Available

3590 Tyler Street, Suite 101, Riverside, CA 92503 (across from Galleria at Tyler)
1-866-228-4347. TTY users should call **711**

