

Community Resource Center - SAN BERNARDINO

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|--|--|--|---|
| <p>March is National Nutrition Month. Choose healthy food and set health habits.</p> <p>Look for and join our FREE nutrition classes.</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>Zumba 9am-10am Caregiver's Toolbox: Women's Health 10am-12pm Yoga for Seniors & People w/Disabilities 12:30pm-1:30pm Living Well in the Community #6 1pm-2pm Understanding Diabetes #6 (Spanish) 2:30pm-3:30pm Healthy Heart #3 (Spanish) 4pm-5pm Aerobic Boxing 5pm-6pm</p> | <p>Strength and Conditioning 9am-10am Zumba 10:30am-11:30am Medicare 101 11:30am-12pm (Spanish) Meditation 12:30pm-1:30pm Financial Literacy (Spanish) 2pm-3:30pm Line Dance 2pm-3pm Yoga 5pm-6pm</p> | <p>Yoga 9am-10am Knitting & Crochet Club (Self-Led) 10am-11am Aerobic Boxing 11am-12pm Financial Literacy 1pm-2pm Zumba 5pm-6pm</p> | <p>Zumba 8:30am-9:30am Zumbini (ages 0-3) 10am-10:45am Zumba for Kids (ages 4-11) 11am-11:45am</p> |
| <p>Zumba 9am-10am Understanding Diabetes #6 10am-11am Line Dance 11am-12pm Eat Healthy, Be Active #3 (Spanish) 11:30am-12:30pm Yoga for Seniors & People w/Disabilities 12:30pm-1:30pm My Life, My Choice 1:30pm-2:30pm Chair Fitness 2:30pm-3:30pm Cheesy Cauliflower Mash — Food Demo (Bilingual) 4pm-5pm</p> | <p>Medi-Cal Eligibility Worker 7 Latin Dance 9am-10am Be Prepared, Save a Life (Bilingual) 10am-11:30am Zumbini (ages 0-3) 11am-11:45am Meditation 12:30pm-1:30pm Yogurt and Fruit Parfaits — Food Demo (Bilingual) 2pm-3pm Self-Esteem 3:30pm-4:30pm Yoga 5pm-6pm</p> | <p>Zumba 9am-10am Medi-Cal Dental Benefits 10am-11am Yoga for Seniors & People w/Disabilities 12:30pm-1:30pm Living Well in the Community #7 1pm-2pm Understanding Diabetes #7 (Spanish) 2:30pm-3:30pm Eat Healthy, Be Active #4 4pm-5pm Aerobic Boxing 5pm-6pm</p> | <p>Strength and Conditioning 9am-10am Zumba 10:30am-11:30am Birdfeeder Craft (Bilingual) 11:30am-12:30pm Meditation 12:30pm-1:30pm Line Dance 2pm-3pm Caregiver's Toolbox: Women's Health (Spanish) 2pm-4pm Yoga 5pm-6pm</p> | <p>Yoga 9am-10am Knitting & Crochet Club (Self-Led) 10am-11am Aerobic Boxing 11am-12pm Breast & Cervical Health (Bilingual) 12pm-1pm Zumba 5pm-6pm</p> | <p>Zumba 8:30am-9:30am Zumbini (ages 0-3) 10am-10:45am Zumba for Kids (ages 4-11) 11am-11:45am Fruit and Yogurt Parfaits — Food Demo for Kids (ages 4-11) 12pm-12:45pm</p> |
| <p>Zumba 9am-10am Understanding Diabetes #7 10am-11am Line Dance 11am-12pm Eat Healthy, Be Active #4 (Spanish) 11:30am-12:30pm Yoga for Seniors & People w/Disabilities 12:30pm-1:30pm Family Asthma #2 (Spanish) 1:30pm-2:30pm Chair Fitness 2:30pm-3:30pm Turkey Veggie Wrap — Food Demo (Bilingual) 4pm-5pm</p> | <p>Medi-Cal Eligibility Worker 14 Latin Dance 9am-10am Your Health and Wellness Benefits (Spanish) 10am-11am Zumbini (ages 0-3) 11am-11:45am Meditation 12:30pm-1:30pm Tuna Tacos — Food Demo (Bilingual) 2:30pm-3:30pm Self-Esteem (Spanish) 4pm-5pm Yoga 5pm-6pm</p> | <p>Zumba 9am-10am Yoga for Seniors & People w/Disabilities 12:30pm-1:30pm My Life, My Choice (Spanish) 1pm-2pm Becoming a Mom #2 (Spanish) 2:30pm-3:30pm Living Well in the Community #8 4pm-5pm Aerobic Boxing 5pm-6pm</p> | <p>CLOSED 9am-11:30am</p> <p>Strength and Conditioning Canceled Zumba Canceled Meditation 12:30pm-1:30pm Line Dance 2pm-3pm Yoga 5pm-6pm</p> | <p>Yoga 9am-10am Knitting & Crochet Club (Self-Led) 10am-11am Aerobic Boxing 11am-12pm Smart Tips on Utilities & Phone Services (Bilingual) 12pm-1pm Resume Writing Skills 1:30pm-3pm Zumba 5pm-6pm</p> | <p>Zumba 8:30am-9:30am Zumbini (ages 0-3) 10am-10:45am Zumba for Kids (ages 4-11) 11am-11:45am Butterfly Garden — Gardening for Kids (ages 4-11) 12pm-12:45pm</p> |
| <p>Zumba 9am-10am Understanding Diabetes #8 10am-11am Line Dance 11am-12pm Eat Healthy, Be Active #1 11:30am-12:30pm Yoga for Seniors & People w/Disabilities 12:30pm-1:30pm Healthy Heart #4 1:30pm-2:30pm Chair Fitness 2:30pm-3:30pm Thai Pad Woon Sen — Food Demo (Bilingual) 4pm-5pm</p> | <p>Medi-Cal Eligibility Worker 21 Latin Dance 9am-10am Immigration & Policy Updates (Bilingual) 10am-11am Zumbini (ages 0-3) 11am-11:45am Meditation 12:30pm-1:30pm Chile Relleno Omelet — Food Demo (Bilingual) 2pm-3pm Yoga for Kids (ages 4-11) 4pm-4:45pm Yoga 5pm-6pm</p> | <p>Zumba 9am-10am Yoga for Seniors & People w/Disabilities 12:30pm-1:30pm Family Asthma #1 (Spanish) 1pm-2pm Healthy Heart #4 (Spanish) 2:30pm-3:30pm My Life, My Choice 4pm-5pm Aerobic Boxing 5pm-6pm</p> | <p>Strength and Conditioning 9am-10am Zumba 10:30am-11:30am Arts & Crafts for Kids (ages 4-11) 12:30pm-1:30pm Meditation 12:30pm-1:30pm Line Dance 2pm-3pm Magic Show for Kids (ages 0-17) 3:30pm-4:30pm Yoga 5pm-6pm</p> | <p>Yoga 9am-10am Knitting & Crochet Club (Self-Led) 10am-11am Aerobic Boxing 11am-12pm Resume Writing Skills (Spanish) 1pm-2pm Movie Time for Kids (ages 0-17) 2:30pm-4:30pm Zumba 5pm-6pm</p> | <p>Zumba 8:30am-9:30am Zumbini (ages 0-3) 10am-10:45am Zumba for Kids (ages 4-11) 11am-11:45am</p> |
| <p>Zumba 9am-10am Family Asthma #2 10am-11am Line Dance 11am-12pm Becoming a Mom #3 11:30am-12:30pm Yoga for Seniors & People w/Disabilities 12:30pm-1:30pm Healthy Heart #1 1:30pm-2:30pm Chair Fitness 2:30pm-3:30pm Verry Berry Angel Food Cake — Food Demo for Kids (ages 4-11) 4pm-4:45pm</p> | <p>Medi-Cal Eligibility Worker 28 Latin Dance 9am-10am CPR 10am-1pm Zumbini (ages 0-3) 11am-11:45am Meditation 12:30pm-1:30pm Your Health and Wellness Benefits 2pm-3pm Yoga for Kids (ages 4-11) 4pm-4:45pm Yoga 5pm-6pm</p> | <p>Zumba 9am-10am Bulb Garden for Kids (ages 4-11) 10:30am-11:15am Yoga for Seniors & People w/Disabilities 12:30pm-1:30pm Family Asthma #1 1pm-2pm Understanding Diabetes #8 (Spanish) 2:30pm-3:30pm Eat Healthy, Be Active #1 (Spanish) 4pm-5pm Aerobic Boxing 5pm-6pm</p> | <p>Strength and Conditioning 9am-10am Zumba 10:30am-11:30am Meditation 12:30pm-1:30pm CPR (Spanish) 1:30pm-3:30pm Line Dance 2pm-3pm Yoga 5pm-6pm</p> | <p>Yoga 9am-10am Knitting & Crochet Club (Self-Led) 10am-11am Aerobic Boxing 11am-12pm Kids Meditation (ages 4-11) 2:30pm-3:15pm Zumba 5pm-6pm</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.

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