




## Community Resource Center - RIVERSIDE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	 <b>SCAN ME!</b> Use your phone to scan the QR code to view our full schedule of FREE classes.		<i>Community Health Worker 1</i> <b>Latin Dance</b> 9am-10am <b>Meditation</b> 10:30am-11:30am <b>Breast and Cervical Health</b> 11:30am-12:30pm <b>Medi-cal Dental Benefits</b> 1pm-2pm <b>Zumba</b> 5pm-6pm	<i>Community Health Worker 2</i> <b>Understanding Diabetes #1 (Spanish)</b> 9am-10am <b>Zumba</b> 9am-10am <b>Healthy Heart #2</b> 10:30am-11:30am <b>Asthma Self-Management #2</b> 12pm-1pm <b>Yoga for Seniors &amp; People w/disabilities</b> 2pm-3pm	
	<i>Community Health Worker 6</i> <b>Eat Healthy, Be Active #3 (Spanish)</b> 9am-10am <b>Yoga</b> 10:30am-11:30am <b>Becoming a Mom #4</b> 10:30am-11:30am <b>Yoga for Seniors &amp; People w/disabilities</b> 2pm-3pm <b>Understanding Diabetes #1</b> 4pm-5pm <b>Zumba</b> 5pm-6pm	<i>Community Health Worker 7</i> <b>Strength and Conditioning</b> 9am-10am <b>Zumba Chair</b> 10:30am-11:30am <b>Asian Lettuce Bowls — Food Demo</b> 11:30am-12:30pm <b>Living Well in the Community #8</b> 1pm-2pm <b>Understanding Diabetes #2 (Spanish)</b> 2:30pm-3:30pm <b>My Life, My Choice</b> 4:30pm-5:30pm <b>Zumba Kids (Ages 4-11)</b> 5pm-5:45pm	<i>Community Health Worker 8</i> <b>Latin Dance</b> 9am-10am <b>Immigration Policy Updates (Bilingual)</b> 10am-11am <b>Yoga</b> 10:30am-11:30am <b>CPR</b> 12pm-3pm <b>Zumba</b> 5pm-6pm	<i>Community Health Worker 9</i> <b>Understanding Diabetes #2</b> 9am-10am <b>Zumba</b> 9am-10am <b>Healthy Heart #2 (Spanish)</b> 10:30am-11:30am <b>Asthma Self-Management #2 (Spanish)</b> 12pm-1pm <b>Yoga for Seniors &amp; People w/disabilities</b> 2pm-3pm <b>Medicare 101</b> 3pm-3:30pm 3:30pm-4pm (Spanish)	<i>10</i> <b>Zumba</b> 8:30am-9:30am <b>Yoga</b> 10am-11am <b>Starting Your Winter Garden for Kids (Ages 4-11)</b> 10:30am-11:15am <b>Zumba Kids (Ages 4-11)</b> 11:30am-12:15pm
<i>Community Health Worker 12</i> <b>Zumba</b> 9am-10am <b>Yoga</b> 10:30am-11:30am <b>Smart Tips on Utilities &amp; Phones Services (bilingual)</b> 11:30am-12:30pm <b>Food Demo</b> <b>Canceled</b> <b>Puberty</b> 1pm-2pm <b>Aerobic Boxing</b> 5pm-6pm	<i>Community Health Worker 13</i> <b>Eat Healthy, Be Active #4</b> 9am-10am <b>Meditation</b> 10:30am-11:30am <b>Becoming a Mom #5</b> 10:30am-11:30am <b>Yoga for Seniors &amp; People w/disabilities</b> 2pm-3pm <b>Understanding Diabetes #3 (Spanish)</b> 4pm-5pm <b>Zumba</b> 5pm-6pm	<i>Community Health Worker 14</i> <b>CLOSED</b> 9am-11am <b>Asian Lettuce Bowls — Food Demo (Spanish)</b> 11:30am-12:30pm <b>My Life, My Choice (Spanish)</b> 1pm-2pm <b>Healthy Heart #3 (Spanish)</b> 2:30pm-3:30pm <b>Becoming a Mom #6</b> 4:30pm-5:30pm <b>Zumba Kids (Ages 4-11)</b> 5pm-5:45pm	<i>Community Health Worker 15</i> <b>CLOSED</b> 9am-1pm <b>Latin Dance</b> <b>Canceled</b> <b>Meditation</b> <b>Canceled</b> <b>Zumba</b> 5pm-6pm	<i>Community Health Worker 16</i> <b>Understanding Diabetes #4 (Spanish)</b> 9am-10am <b>Zumba</b> 9am-10am <b>Healthy Heart #3</b> 10:30am-11:30am <b>Asthma Self-Management #1</b> 12pm-1pm <b>Yoga for Seniors &amp; People w/disabilities</b> 2pm-3pm	<i>17</i> <b>Zumba</b> 8:30am-9:30am <b>Yoga</b> 10am-11am <b>Chocolate Power Smoothie for Kids— Kids Food Demo (Ages 4-11)</b> 10:30am-11:15am <b>Zumba Kids (Ages 4-11)</b> 11:30am-12:15pm
<i>Community Health Worker 19</i> <b>Zumba</b> 9am-10am <b>Yoga</b> 10:30am-11:30am <b>Yogurt Spinach Dip — Food Demo</b> 11:30am-12:30pm <b>Puberty (Spanish)</b> 1pm-2pm <b>Aerobic Boxing</b> 5pm-6pm	<i>Community Health Worker 20</i> <b>Eat Healthy, Be Active #4 (Spanish)</b> 9am-10am <b>Meditation</b> 10:30am-11:30am <b>Understanding Diabetes #4</b> 10:30am-11:30am <b>Yoga for Seniors &amp; People w/disabilities</b> 2pm-3pm <b>Becoming a Mom #7</b> 4pm-5pm <b>Zumba</b> 5pm-6pm	<i>Community Health Worker 21</i> <b>Strength and Conditioning</b> 9am-10am <b>Zumba Chair</b> 10:30am-11:30am <b>Yogurt Spinach Dip — Food Demo (Spanish)</b> 11:30am-12:30pm <b>Living Well in the Community #9</b> 1pm-2pm <b>My Life, My Choice</b> 2:30pm-3:30pm <b>Understanding Diabetes#3</b> 4:30pm-5:30pm <b>Zumba Kids (Ages 4-11)</b> 5pm-5:45pm	<i>Community Health Worker 22</i> <b>Latin Dance</b> 9am-10am <b>Medi-cal Dental Benefits (Spanish)</b> 10am-11am <b>Meditation</b> 10:30am-11:30am <b>CPR (Spanish)</b> 12pm-3pm <b>Zumba</b> 5pm-6pm	<i>Community Health Worker 23</i> <b>Healthy Heart #4 (Spanish)</b> 9am-10am <b>Zumba</b> 9am-10am <b>Asthma Self-Management #1 (Spanish)</b> 10:30am-11:30am <b>Yoga for Seniors &amp; People w/disabilities</b> 2pm-3pm	<i>24</i> <b>Zumba</b> 8:30am-9:30am <b>Yoga</b> 10am-11am <b>Zumba Kids (Ages 4-11)</b> 11:30am-12:15pm
<i>Community Health Worker 26</i> <b>Zumba</b> 9am-10am <b>Yoga</b> 10:30am-11:30am <b>Chicken and Rice— Food Demo</b> 11:30am-12:30pm <b>Vegetable Garden</b> 1pm-2pm (Bilingual) <b>Aerobic Boxing</b> 5pm-6pm	<i>Community Health Worker 27</i> <b>Eat Healthy, Be Active #1</b> 9am-10am <b>Becoming a Mom #8</b> 10:30am-11:30am <b>Meditation</b> 10:30am-11:30am <b>Yoga for Seniors &amp; People w/disabilities</b> 2pm-3pm <b>Understanding Diabetes #5 (Spanish)</b> 4pm-5pm <b>Zumba</b> 5pm-6pm	<i>Community Health Worker 28</i> <b>Strength and Conditioning</b> 9am-10am <b>Your Health &amp; Wellness Benefits</b> 10am-11am <b>Zumba Chair</b> 10:30am-11:30am <b>Chicken and Rice — Food Demo (Spanish)</b> 11:30am-12:30pm <b>My Life, My Choice (Spanish)</b> 1pm-2pm <b>Healthy Heart #4</b> 2:30pm-3:30pm <b>Becoming a Mom #9</b> 4:30pm-5:30pm <b>Zumba Kids (Ages 4-11)</b> 5pm-5:45pm	<i>Community Health Worker 29</i> <b>Latin Dance</b> 9am-10am <b>Meditation</b> 10:30am-11:30am <b>Breast and Cervical Health (Spanish)</b> 11:30am-12:30pm <b>Zumba</b> 5pm-6pm	<i>Community Health Worker 30</i> <b>Understanding Diabetes #5</b> 9am-10am <b>Zumba</b> 9am-10am <b>Healthy Heart #1</b> 10:30am-11:30am <b>Yoga for Seniors &amp; People w/disabilities</b> 2pm-3pm	

*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](http://www.iehp.org/crcClasses)