

## Community Resource Center - SAN BERNARDINO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div style="border: 1px solid black; padding: 10px; text-align: center;"> <p><b>Get Medi-Cal application assistance and more from the on-site Medi-Cal worker.</b></p> </div>			<p><i>Medi-Cal Eligibility Worker</i> 1 <i>Community Health Worker</i></p> <p><b>Strength and Conditioning</b> 9am-10am</p> <p><b>Zumba</b> 10:30am-11:30am</p> <p><b>Meditation</b> 12:30pm-1:30pm</p> <p><b>Medicare 101</b> 2pm-2:30pm 2:30pm-3pm (Spanish)</p> <p><b>Yoga</b> 5pm-6pm</p>	<p><i>Community Health Worker</i> 2</p> <p><b>Yoga</b> 9am-10am</p> <p><b>Knitting &amp; Crochet Club</b> 10am-11am</p> <p><b>Aerobic Boxing</b> 11am-12pm</p> <p><b>Medi-Cal Dental Benefits</b> 2:30pm-3:30pm</p> <p><b>Zumba</b> 5pm-6pm</p>	
	<p><i>Community Health Worker</i> 6</p> <p><b>Elevated Avocado Toast—Food Demo</b> (bilingual) 9am-10am</p> <p><b>Safety with Your Utility &amp; Phone</b> (Bilingual) 10am-11am</p> <p><b>Meditation</b> 12:30pm-1:30pm</p> <p><b>Becoming a Mom #6</b> 1pm-2pm</p> <p><b>Eat Healthy, Be Active #2</b> 2:30pm-3:30pm</p> <p><b>Family Asthma #2</b> 4pm-5pm</p> <p><b>Yoga</b> 5pm-6pm</p>	<p><i>Community Health Worker</i> 7</p> <p><b>Zumba</b> 9am-10am</p> <p><b>Healthy Heart #2</b> 10:30am-11:30am</p> <p><b>Yoga for Seniors &amp; People w/ Disabilities</b> 12:30pm-1:30pm</p> <p><b>Living Well in the Community #2</b> 1pm-2pm</p> <p><b>Cauliflower Fried Rice — Food Demo</b> 2:30pm-3:30pm</p> <p><b>Eat Healthy, Be Active #2</b> 4pm-5pm (Spanish)</p> <p><b>Aerobic Boxing</b> 5pm-6pm</p>	<p><i>Medi-Cal Eligibility Worker</i> 8 <i>Community Health Worker</i></p> <p><b>Strength and Conditioning</b> 9am-10am</p> <p><b>Zumba</b> 10:30am-11:30am</p> <p><b>Meditation</b> 12:30pm-1:30pm</p> <p><b>Healthy Food That Tastes Great</b> 1pm-2pm</p> <p><b>Cauliflower Fried Rice — Food Demo</b> (Spanish) 2:30pm-3:30pm</p> <p><b>Yoga</b> 5pm-6pm</p>	<p><i>Community Health Worker</i> 9</p> <p><b>Yoga</b> 9am-10am</p> <p><b>Knitting &amp; Crochet Club</b> 10am-11am</p> <p><b>Aerobic Boxing</b> 11am-12pm</p> <p><b>CPR</b> 12pm-3pm</p> <p><b>Garden Party Snacks</b> (bilingual) 3:30pm-4:30pm</p> <p><b>Zumba</b> 5pm-6pm</p>	<p>10</p> <p><b>Zumba</b> 8:30am-9:30am</p> <p><b>Zumba for Kids</b> (ages 4-11) 10:30am-11:15am</p> <p><b>Bagel Fruit Pizzas—Food Demo for Kids</b> (ages 4-11) 11:30am-12:15pm</p>
<p><i>Community Health Worker</i> 12</p> <p><b>Zumba</b> 9am-10am</p> <p><b>My Life, My Choice</b> (Spanish) 10am-11am</p> <p><b>Understanding Diabetes #2</b> (Spanish) 11:30am-12:30pm</p> <p><b>Yoga for Seniors &amp; People w/Disabilities</b> 12:30pm-1:30pm</p> <p><b>Becoming a Mom #7</b> 2pm-3pm</p> <p><b>Chair Fitness</b> 2:30pm-3:30pm</p> <p><b>Your Health &amp; Wellness Benefits</b> (Spanish) 4pm-5pm</p>	<p><i>Community Health Worker</i> 13</p> <p><b>Latin Dance</b> 9am-10am</p> <p><b>Mock Interviewing</b> 10am-12pm</p> <p><b>Meditation</b> 12:30pm-1:30pm</p> <p><b>Becoming a Mom #8</b> 1pm-2pm</p> <p><b>Eat Healthy, Be Active #3</b> 2:30pm-3:30pm</p> <p><b>Family Asthma #1</b> 4pm-5pm</p> <p><b>Yoga</b> 5pm-6pm</p>	<p><i>Community Health Worker</i> 14</p> <p style="background-color: #0056b3; color: white; text-align: center; padding: 5px;"><b>CLOSED</b></p> <p style="text-align: center;">9am-11am</p> <p><b>Eat Healthy Be Active #3</b> (Spanish) 11am-12pm</p> <p><b>Yoga for Seniors &amp; People w/Disabilities</b> 12:30pm-1:30pm</p> <p><b>Your Health &amp; Wellness Benefits</b> 1:30pm-2:30pm</p> <p><b>Asian Lettuce Bowls—Food Demo</b> 2:30pm-3:30pm</p> <p><b>Living Well in the Community #3</b> 4pm-5pm</p> <p><b>Aerobic Boxing</b> 5pm-6pm</p>	<p><i>Medi-Cal Eligibility Worker</i> 15 <i>Community Health Worker</i></p> <p style="background-color: #0056b3; color: white; text-align: center; padding: 5px;"><b>CLOSED</b></p> <p style="text-align: center;">9am-1pm</p> <p><b>Strength and Conditioning</b> <b>Cancelled</b></p> <p><b>Zumba</b> <b>Cancelled</b></p> <p><b>Meditation</b> <b>Cancelled</b></p> <p><b>Asian Lettuce Bowls—Food Demo</b> (Spanish) 2:30pm-3:30pm</p> <p><b>Yoga</b> 5pm-6pm</p>	<p><i>Community Health Worker</i> 16</p> <p><b>Yoga</b> 9am-10am</p> <p><b>Knitting &amp; Crochet Club</b> 10am-11am</p> <p><b>Aerobic Boxing</b> 11am-12pm</p> <p><b>Medi-Cal Dental Benefits</b> (Spanish) 1:30pm-2:30pm</p> <p><b>Mock Interviewing</b> (Spanish) 3pm-5pm</p> <p><b>Zumba</b> 5pm-6pm</p>	<p>17</p> <p><b>Zumba</b> 8:30am-9:30am</p> <p><b>Zumba for Kids</b> (ages 4-11) 10:30am-11:15am</p>
<p><i>Community Health Worker</i> 19</p> <p><b>Zumba</b> 9am-10am</p> <p><b>My Life, My Choice</b> 10am-11am</p> <p><b>Understanding Diabetes #3</b> (Spanish) 11:30am-12:30pm</p> <p><b>Yoga for Seniors &amp; People w/Disabilities</b> 12:30pm-1:30pm</p> <p><b>Becoming a Mom #9</b> 2pm-3pm</p> <p><b>Chair Fitness</b> 2:30pm-3:30pm</p> <p><b>Understanding Diabetes #2</b> 4pm-5pm</p>	<p><i>Community Health Worker</i> 20</p> <p><b>Latin Dance</b> 9am-10am</p> <p><b>Your Health &amp; Wellness Benefits</b> 10:30am-11:30pm</p> <p><b>Meditation</b> 12:30pm-1:30pm</p> <p><b>Becoming a Mom #10</b> 1pm-2pm</p> <p><b>Eat Healthy, Be Active #4</b> 2:30pm-3:30pm</p> <p><b>Family Asthma #2</b> 4pm-5pm (Spanish)</p> <p><b>Yoga</b> 5pm-6pm</p>	<p><i>Community Health Worker</i> 21</p> <p><b>Zumba</b> 9am-10am</p> <p><b>Healthy Heart #3</b> 10:30am-11:30pm</p> <p><b>Yoga for Seniors &amp; People w/Disabilities</b> 12:30pm-1:30pm</p> <p><b>Living Well in the Community #4</b> 1:30pm-2:30pm</p> <p><b>Slow Cooker Chicken Enchilada Soup—Food Demo</b> 2:30pm-3:30pm</p> <p><b>Understanding Diabetes #1</b> 4pm-5pm</p> <p><b>Aerobic Boxing</b> 5pm-6pm</p>	<p><i>Medi-Cal Eligibility Worker</i> 22 <i>Community Health Worker</i></p> <p><b>Strength and Conditioning</b> 9am-10am</p> <p><b>Zumba</b> 10:30am-11:30am</p> <p><b>Meditation</b> 12:30am-1:30pm</p> <p><b>Domestic Violence</b> (Spanish) 1pm-2pm</p> <p><b>Slow Cooker Chicken Enchilada Soup—Food Demo</b> (Spanish) 2:30pm-3:30pm</p> <p><b>Yoga</b> 5pm-6pm</p>	<p><i>Community Health Worker</i> 23</p> <p><b>Yoga</b> 9am-10am</p> <p><b>Knitting &amp; Crochet Club</b> 10am-11am</p> <p><b>Aerobic Boxing</b> 11am-12pm</p> <p><b>Zumba</b> 5pm-6pm</p>	<p>24</p> <p><b>Zumba</b> 8:30am-9:30am</p> <p><b>Zumba for Kids</b> (ages 4-11) 10:30am-11:15am</p> <p><b>Art in the Garden for Kids</b> (ages 4-11) 11:30am-12:15pm</p>
<p><i>Community Health Worker</i> 26</p> <p><b>Zumba</b> 9am-10am</p> <p><b>My Life, My Choice</b> (Spanish) 10am-11am</p> <p><b>Understanding Diabetes #4</b> (Spanish) 11:30am-12:30pm</p> <p><b>Yoga for Seniors &amp; People w/Disabilities</b> 12:30pm-1:30pm</p> <p><b>Becoming a Mom #1</b> 2pm-3pm</p> <p><b>Chair Fitness</b> 2:30pm-3:30pm</p>	<p><i>Community Health Worker</i> 27</p> <p><b>Latin Dance</b> 9am-10am</p> <p><b>Immigration and Policy Updates</b> 10:30am-11:30pm</p> <p><b>Meditation</b> 12:30pm-1:30pm</p> <p><b>Becoming a Mom #2</b> 1pm-2pm</p> <p><b>Eat Healthy, Be Active #4</b> 2:30pm-3:30pm (Spanish)</p> <p><b>Family Asthma #1</b> 4pm-5pm (Spanish)</p> <p><b>Yoga</b> 5pm-6pm</p>	<p><i>Community Health Worker</i> 28</p> <p><b>Zumba</b> 9am-10am</p> <p><b>Healthy Heart #3</b> 10:30am-11:30pm (Spanish)</p> <p><b>Yoga for Seniors &amp; People w/Disabilities</b> 12:30pm-1:30pm</p> <p><b>Living Well in the Community #5</b> 1pm-2pm</p> <p><b>Eat Healthy, Be Active #1</b> 2:30pm-3:30pm</p> <p><b>Domestic Violence</b> 4pm-5pm</p> <p><b>Aerobic Boxing</b> 5pm-6pm</p>	<p><i>Medi-Cal Eligibility Worker</i> 29 <i>Community Health Worker</i></p> <p><b>Strength and Conditioning</b> 9am-10am</p> <p><b>Zumba</b> 10:30am-11:30am</p> <p><b>Meditation</b> 12:30am-1:30pm</p> <p><b>Healthy Food that Tastes Great</b> 1pm-2pm (Spanish)</p> <p><b>Yoga</b> 5pm-6pm</p>	<p><i>Community Health Worker</i> 30</p> <p><b>Yoga</b> 9am-10am</p> <p><b>Knitting &amp; Crochet Club</b> 10am-11am</p> <p><b>Aerobic Boxing</b> 11am-12pm</p> <p><b>CPR</b> (Spanish) 12pm-3pm</p> <p><b>Zumba</b> 5pm-6pm</p>	<p style="text-align: center;"><b>SCAN ME!</b></p> <p style="text-align: center;">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 served.

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

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