










Community Resource Center - SAN BERNARDINO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>March is <b>National Nutrition Month</b>. Choose healthy food and set health habits.</div> <div> Look for  and join our <b>FREE</b> nutrition classes.</div>		<div>May Medi-Cal packets have been mailed out, not sure what to do? IEHP is here to help.</div> <div>Let us schedule an appointment with our <b>Renewal Specialist</b> every Wednesday.</div>	<div></div> <div>SCAN ME!</div> <div>Use your phone to scan the QR code to view our full schedule of <b>FREE</b> classes.</div>	<div>1</div> <div>Yoga Flow 9am-10am</div> <div>Knitting &amp; Crochet Club (Self-Led) 10am-11am</div> <div>Strength and Conditioning 10:30am-11:30am</div> <div>Game Hour for Adults (Bilingual) 2pm-3pm</div>	<div>2</div> <div>Line Dance 8:30am-9:30am</div> <div>Banana Nut Rolls — Food Demo for Kids (ages 4-11) 10am-10:45am</div> <div></div>
<div>4</div> <div>Understanding Diabetes #9 10am-11am</div> <div>Line Dance 11am-12pm</div> <div>Mindful Living #3 11:30am-12:30pm</div> <div>Yoga for Seniors &amp; People w/Disabilities 12:30pm-1:30pm</div> <div>Living Well in the Community #1 1:30pm-2:30pm</div> <div>Arts &amp; Crafts for Adults (Bilingual) 3pm-4pm</div> <div>Chair Fitness 3:30pm-4:30pm</div>	<div>5</div> <div>Medi-Cal Eligibility Worker</div> <div>Knitting &amp; Crochet Club (Self-Led) 9am-10am</div> <div>Medicare 101 10am-10:30am 10:30am-11am (Spanish)</div> <div>Healthy Living: My Best Self #1 (Spanish) 11:30am-12:30pm</div> <div>Healthy Heart #1 (Spanish) 1pm-2pm</div> <div>Meditation 1pm-2pm</div> <div>Breathe Well, Live Well #1 2:30pm-3:30pm</div> <div>Interviewing Skills 3:30pm-5pm</div>	<div>6</div> <div>IEHP Renewal Specialist</div> <div>Becoming a Mom #10 (Spanish) 10am-11am</div> <div>My Life, My Choice 11:30am-12:30pm</div> <div>Yoga for Seniors &amp; People w/Disabilities 12:30pm-1:30pm</div> <div>Understanding Diabetes #9 (Spanish) 1:30pm-2:30pm</div> <div>Strength &amp; Conditioning 2:30pm-3:30pm</div> <div>Yin Yoga 4pm-5pm</div>	<div>7</div> <div>Caregivers Toolbox: Women's Health (Spanish) 9:30am-11am</div> <div>Ginger Berry Smoothie Bowl — Food Demo (Bilingual ) 11:45am-12:45pm</div> <div>Stress Management 1pm-2pm</div> <div>Line Dance 2pm-3pm</div> <div>CLOSED</div> <div>3pm-6pm</div> <div>Chair Fitness Cancelled</div>	<div>8</div> <div>Yoga Flow 9am-10am</div> <div>Knitting &amp; Crochet Club (Self-Led) 10am-11am</div> <div>Strength and Conditioning 10:30am-11:30am</div> <div>Your Health and Wellness Benefits 11:30am-12:30pm</div> <div>Interviewing Skills (Spanish) 1pm-2:30pm</div> <div>Game Hour for Adults (Bilingual) 3pm-4pm</div>	<div>9</div> <div>Line Dance 8:30am-9:30am</div> <div>Strength &amp; Conditioning 10am-11am</div> <div>Yoga for Kids (ages 4-11) 11:30am-12:15pm</div>
<div>11</div> <div>Mindful Living #3 (Spanish) 10am-11am</div> <div>Line Dance 11am-12pm</div> <div>Living Well in the Community #2 11:30am-12:30pm</div> <div>Yoga for Seniors &amp; People w/Disabilities 12:30pm-1:30pm</div> <div>Healthy Living: My Best Self #1 1:30pm-2:30pm</div> <div>Arts &amp; Crafts for Adults (Bilingual) 3pm-4pm</div> <div>Chair Fitness 3:30pm-4:30pm</div>	<div>12</div> <div>Medi-Cal Eligibility Worker</div> <div>Knitting &amp; Crochet Club (Self-Led) 9am-10am</div> <div>Understanding Diabetes #1 11:30am-12:30pm</div> <div>Healthy Heart #2 (Spanish) 1pm-2pm</div> <div>Meditation 1pm-2pm</div> <div>Breathe Well Live Well #2 2:30pm-3:30pm</div> <div>Game Hour for Adults (Bilingual) 4pm-5pm</div>	<div>13</div> <div>IEHP Renewal Specialist</div> <div>Becoming a Mom #10 10am-11am</div> <div>Understanding Diabetes #1 (Spanish) 11:30am-12:30pm</div> <div>Yoga for Seniors &amp; People w/Disabilities 12:30pm-1:30pm</div> <div>Mindful Living #1 1:30pm-2:30pm</div> <div>Strength &amp; Conditioning 2:30pm-3:30pm</div> <div>Yin Yoga 4pm-5pm</div>	<div>14</div> <div>Spaghetti with Turkey Meat Sauce — Food Demo (Bilingual) 11:45am-12:45pm</div> <div>Line Dance 2pm-3pm</div> <div>Arts &amp; Crafts for Adults (Bilingual) 3pm-4pm</div> <div>Chair Fitness 5pm-6pm</div>	<div>15</div> <div>Yoga Flow 9am-10am</div> <div>Knitting &amp; Crochet Club (Self-Led) 10am-11am</div> <div>Strength and Conditioning 10:30am-11:30am</div> <div>Breast &amp; Cervical Health (Bilingual) 12pm-1pm</div> <div>Avoiding Disconnection/ Payment Options/ Billing Cycle &amp; Late Payment Fees, Disconnection, Deposit (Bilingual) 1:30pm-2:30pm</div> <div>Bingo (Bilingual) 3pm-4pm</div>	<div>16</div> <div>Line Dance Cancelled</div> <div>Mini Pizzas — Food Demo for Kids (ages 4-11) 10am-10:45am</div> <div>Game Hour for Kids (ages 4-17) 11am-12pm</div> <div></div>
<div>18</div> <div>Healthy Living: My Best Self #2 (Spanish) 10am-11am</div> <div>Line Dance 11am-12pm</div> <div>Healthy Heart #1 11:30am-12:30pm</div> <div>Yoga for Seniors &amp; People w/Disabilities 12:30pm-1:30pm</div> <div>Living Well in the Community #3 1:30pm-2:30pm</div> <div>Bagel Fruit Pizzas — Food Demo for Kids (ages 4-17) 2:45pm-3:30pm</div> <div>Chair Fitness 3:30pm-4:30pm</div> <div></div>	<div>19</div> <div>Medi-Cal Eligibility Worker</div> <div>Knitting &amp; Crochet Club (Self-Led) 9am-10am</div> <div>Free Citizenship/Immigration Services and Legal Assistance 10am-11am</div> <div>Healthy Living My Best Self #2 11:30am-12:30pm</div> <div>My Life, My Choice (Spanish) 1pm-2pm</div> <div>Meditation 1pm-2pm</div> <div>Breathe Well Live Well #2 (Spanish) 2:30pm-3:30pm</div> <div>Arts &amp; Crafts for Kids (ages 4-17) 4pm-5pm</div>	<div>20</div> <div>IEHP Renewal Specialist</div> <div>Understanding Diabetes #2 10am-11am</div> <div>Mindful Living #1 (Spanish) 11:30am-12:30pm</div> <div>Yoga for Seniors &amp; People w/Disabilities 12:30pm-1:30pm</div> <div>Healthy Living: My Best Self #3 (Spanish) 1:30pm-2:30pm</div> <div>Strength &amp; Conditioning 2:30pm-3:30pm</div> <div>Job Search Strategies 3pm-4:30pm</div> <div>Yin Yoga 4pm-5pm</div> <div>Game Hour for Kids (ages 4-17) 4pm-5pm</div>	<div>21</div> <div>CLOSED</div> <div>9am-11am</div> <div>Sweet Potato Stir Fry — Food Demo (Bilingual) 11:15am-12:15pm</div> <div>Stress Management (Spanish) 12:30pm-1:30pm</div> <div>Line Dance 2pm-3pm</div> <div>CPR 2pm-5pm</div> <div>Yoga for Kids (ages 4-11) 3:30pm- 4:15pm</div> <div>Chair Fitness 5pm-6pm</div>	<div>22</div> <div>Yoga Flow 9am-10am</div> <div>TAD VITA Tax Prep (Bilingual) 9am-1pm</div> <div>Strength and Conditioning 10:30am-11:30am</div> <div>CLOSED</div> <div>2pm-6pm</div>	<div>23</div> <div>Line Dance 8:30am-9:30am</div> <div>Bootcamp for New Dads (Bilingual) 10am-1pm</div> <div>Strength &amp; Conditioning 10am-11am</div> <div>Yoga for Kids (ages 4-11) 11:30am-12:15pm</div>
<div>25</div> <div>Healthy Heart #2 10am-11am</div> <div>Line Dance 11am-12pm</div> <div>Breathe Well, Live Well #1 (Spanish) 11:30am-12:30pm</div> <div>Yoga for Seniors &amp; People w/Disabilities 12:30pm-1:30pm</div> <div>Becoming a Mom #1 (Spanish) 1:30pm-2:30pm</div> <div>Garden Party Critter Snacks — Food Demo for Kids (ages 4-17) 2:45pm-3:30pm</div> <div>Chair Fitness 3:30pm-4:30pm</div> <div></div>	<div>26</div> <div>Medi-Cal Eligibility Worker</div> <div>Job Search Strategies (Spanish) 9am-10:30am</div> <div>Understanding Diabetes #2 (Spanish) 11:30am-12:30pm</div> <div>Meditation 1pm-2pm</div> <div>Mindful Living #2 1pm-2pm</div> <div>Healthy Living: My Best Self #3 2:30pm-3:30pm</div> <div>*Movie Time for Kids (ages 4-17) 4pm-6pm</div> <div>*Refreshments provided. <b>RSVP required.</b></div>	<div>27</div> <div>CLOSED</div> <div>9am-10:30am</div> <div>Living Well in the Community #4 11:30am-12:30pm</div> <div>Yoga for Seniors &amp; People w/Disabilities 12:30pm-1:30pm</div> <div>Becoming a Mom #1 1pm-2pm</div> <div>Strength &amp; Conditioning 2:30pm-3:30pm</div> <div>Mindful Living #2 (Spanish) 2:30pm-3:30pm</div> <div>Yin Yoga 4pm-5pm</div> <div>Arts &amp; Crafts for Kids (ages 4-17) 4pm-5pm</div>	<div>28</div> <div>*CHW Resident Hiring Roadshow 9am-12pm</div> <div>*For more information and to RSVP, email: careers@iehp.org</div> <div>Waffles &amp; Fruit — Food Demo for Kids (ages 4-11) 1pm-1:45pm</div> <div>Line Dance 2pm-3pm</div> <div>Arts &amp; Crafts for Kids (ages 4-17) 2:15pm-3:15pm</div> <div>Yoga for Kids (ages 4-11) 3:30pm-4:15pm</div> <div>Chair Fitness 5pm-6pm</div> <div></div>	<div>29</div> <div>Yoga Flow 9am-10am</div> <div>CPR (Spanish) 10am-1pm</div> <div>Strength and Conditioning 10:30am-11:30am</div> <div>Your Health and Wellness Benefits (Spanish) 2pm-3pm</div> <div>Game Hour for Kids (Bilingual) 3:30pm-4:30pm</div>	<div>30</div> <div>Line Dance 8:30am-9:30am</div> <div>Fruit &amp; Granola Parfaits — Food Demo for Kids (ages 4-11) 10am-10:45am</div> <div></div>

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