






































MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<div>August is National Wellness Month!</div> <div>Celebrate with us. Come learn more about wellness for your body and mind.</div> <div>Look for  to join a FREE class.</div>				<div></div> <div>SCAN ME!</div> <div>Use your phone to scan the QR code to view our full schedule of FREE classes.</div>	<div>Well Child and Young Adult 1 Clinic 9am-4pm</div> <div>Active IEHP Direct members ages 3-21. Is your child due for a WellCare Visit? Call (866) 228-4347, option 4 to verify eligibility and schedule an appointment or walk-in to participate.</div>	
<div>Legend</div> <div>Purple font color - Kids classes ages 4-11 with parents</div> <div>Black font color - Classes for ages 12 and older</div>		<div> Do you need assistance renewing your IEHP health coverage?</div> <div>Call us at 1-866-294-4347 or visit our center to make an appointment with an IEHP Renewal Specialist.</div>			<div>New Parent Support 10am-2:30pm</div> <div>Calling all new & expecting parents! We would like to invite you to get help with answering questions, make connections, and receive support! Partners encouraged.</div> <div>Lactation New Parent Group 10am-12pm</div> <div>Midwifery-Led Prenatal Group 12:30pm-2:30pm</div> <div></div>	
<div> Follow us on Facebook</div> <div></div>						
<div>4</div> <div>Healthy Living My Best Self #1 </div> <div>12:30pm-1:30pm</div> <div>Healthy Heart #1 </div> <div>2:30pm-3:30pm (Spanish)</div> <div>Medicare 101</div> <div>4pm-4:30pm (Spanish)</div> <div>4:30am-5pm</div>		<div> IEHP Renewal Specialist 5</div> <div>Aerobic Boxing 9am-10am</div> <div>New Parent Support 10am-2:30pm</div> <div>Calling all new & expecting parents! We would like to invite you to get help with answering questions, make connections, and receive support! Partners encouraged.</div> <div>Lactation New Parent Group 10am-12pm</div> <div>Midwifery-Led Prenatal Group 12:30pm-2:30pm</div> <div></div> <div>Pure Stretch 10:30am-11:30am</div> <div>Fitness Training 1pm-2pm</div> <div>Fitness for Kids 4pm-4:45pm</div>	<div>6</div> <div>HIIT 12:30pm-1pm</div> <div>Pure Stretch 1pm-2pm</div> <div>Let's Talk About Fitness </div> <div>2:30pm-3pm</div> <div>Chair Fitness 3:30pm-4:30pm</div>	<div>7</div> <div>Well Child and Young Adult Clinic 10am-6pm</div> <div>Active IEHP Direct members ages 3-21</div> <div>Is your child due for a WellCare Visit? Call (866) 228-4347, option 4 to verify eligibility and schedule an appointment or walk-in to participate.</div> <div>Everyone is welcome!</div> <div>Join us for a fun-filled day with the family.</div> <div></div>	<div>8</div> <div>Well Child and Young Adult Clinic 9am-4pm</div> <div>Active IEHP Direct members ages 3-21</div> <div>Is your child due for a WellCare Visit? Call (866) 228-4347, option 4 to verify eligibility and schedule an appointment or walk-in to participate.</div> <div>Everyone is welcome!</div> <div>Join us for a fun-filled day with the family.</div> <div></div>	
<div>11</div> <div>Fitness Training 10am-11am</div> <div>HIIT 11:30am-12pm</div> <div>Mindful Living #3 </div> <div>11:30am-12:30pm</div> <div>Building Your Relationship with Your Child </div> <div>1pm-2pm</div> <div>Pure Strength 1:30pm-2:30pm</div> <div>Diabetes with Friends #2 </div> <div>2:30pm-3:30pm (Spanish)</div> <div>Strength & Conditioning for Kids 4pm-4:45pm</div>		<div> IEHP Renewal Specialist 12</div> <div>Aerobic Boxing 9am-10am</div> <div>Building Your Relationship with Your Child </div> <div>10am-11am</div> <div>Pure Stretch 10:30am-11:30am</div> <div>Quick, Healthy Meals & Snacks </div> <div>11:30am-12:30pm (Bilingual)</div> <div>Fitness Training 1pm-2pm</div> <div>Digital Tools for a Healthier You 2pm-3pm (Spanish)</div> <div>Breast & Cervical Health </div> <div>4pm-5pm (Bilingual)</div> <div>Fitness for Kids 4pm-4:45pm</div>	<div>13</div> <div>HIIT 12:30pm-1pm</div> <div>Effective Communication </div> <div>12pm-1pm (Spanish)</div> <div>Pure Stretch 1pm-2pm</div> <div>IEHP 101 Benefits 2pm-3pm</div> <div>3pm-4pm (Spanish)</div> <div>Chair Fitness 3:30pm-4:30pm</div>	<div>14</div> <div>Well Child and Young Adult Clinic 10am-6pm</div> <div>Active IEHP Direct members ages 3-21</div> <div>Is your child due for a WellCare Visit? Call (866) 228-4347, option 4 to verify eligibility and schedule an appointment or walk-in to participate.</div> <div>Everyone is welcome!</div> <div>Join us for a fun-filled day with the family.</div> <div></div>	<div>15</div> <div>Well Child and Young Adult Clinic 9am-4pm</div> <div>Active IEHP Direct members ages 3-21</div> <div>Is your child due for a WellCare Visit? Call (866) 228-4347, option 4 to verify eligibility and schedule an appointment or walk-in to participate.</div> <div>Everyone is welcome!</div> <div>Join us for a fun-filled day with the family.</div> <div></div>	
<div>18</div> <div>Fitness Training 10am-11am</div> <div>HIIT 11:30am-12pm</div> <div>Healthy Heart #1 </div> <div>11:30am-12:30pm</div> <div>CARE, FERA, & California Lifeline 1pm-2pm</div> <div>Pure Strength 1:30pm-2:30pm</div> <div>Breathe Well, Live Well #1 </div> <div>2:30pm-3:30pm (Spanish)</div> <div>Strength & Conditioning for Kids 4pm-4:45pm</div>		<div> IEHP Renewal Specialist 19</div> <div>Aerobic Boxing 9am-10am</div> <div>Driving & Dementia </div> <div>10am-11:30am (Spanish)</div> <div>Pure Stretch 10:30am-11:30am</div> <div>Know Your Rights/ Citizenship 12pm-1pm</div> <div>Fitness Training 1pm-2pm</div> <div>CPR 2pm-5pm</div> <div>Fitness for Kids 4pm-4:45pm</div>	<div>20</div> <div>HIIT 12:30pm-1pm</div> <div>Effective Communication </div> <div>12pm-1pm</div> <div>Pure Stretch 1pm-2pm</div> <div>Your Teen's Development & New Ways of Communicating </div> <div>1:30pm-2:30pm (Spanish)</div> <div>2:30pm-3:30pm</div> <div>Chair Fitness 3:30pm-4:30pm</div>	<div>21</div> <div>Well Child and Young Adult Clinic 10am-6pm</div> <div>Active IEHP Direct members ages 3-21</div> <div>Is your child due for a WellCare Visit? Call (866) 228-4347, option 4 to verify eligibility and schedule an appointment or walk-in to participate.</div> <div>Everyone is welcome!</div> <div>Join us for a fun-filled day with the family.</div> <div></div>	<div>22</div> <div>Well Child and Young Adult Clinic 9am-4pm</div> <div>Active IEHP Direct members ages 3-21</div> <div>Is your child due for a WellCare Visit? Call (866) 228-4347, option 4 to verify eligibility and schedule an appointment or walk-in to participate.</div> <div>Everyone is welcome!</div> <div>Join us for a fun-filled day with the family.</div> <div></div>	
<div>25</div> <div>Fitness Training 10am-11am</div> <div>HIIT 11:30am-12pm</div> <div>My Life My Choice </div> <div>11:30am-12:30pm</div> <div>Pure Strength 1:30pm-2:30pm</div> <div>Diabetes with Friends #2 </div> <div>2:30pm-3:30pm</div> <div>Strength & Conditioning for Kids 4pm-4:45pm</div>		<div> IEHP Renewal Specialist 26</div> <div>Aerobic Boxing 9am-10am</div> <div>CPR 10am-1pm (Spanish)</div> <div>Pure Stretch 10:30am-11:30am</div> <div>Fitness Training 1pm-2pm</div> <div>Digital Tools for a Healthier You 2pm-3pm</div> <div>Fitness for Kids 4pm-4:45pm</div>	<div>27</div> <div>HIIT 12:30pm-1pm</div> <div>Pure Stretch 1pm-2pm</div> <div>Arts & Crafts </div> <div>2:30pm-3:30pm</div> <div>Chair Fitness 3:30pm-4:30pm</div>	<div>28</div> <div>Well Child and Young Adult Clinic 10am-6pm</div> <div>Active IEHP Direct members ages 3-21</div> <div>Is your child due for a WellCare Visit? Call (866) 228-4347, option 4 to verify eligibility and schedule an appointment or walk-in to participate.</div> <div>Everyone is welcome!</div> <div>Join us for a fun-filled day with the family.</div> <div></div>	<div>29</div> <div>Well Child and Young Adult Clinic 9am-4pm</div> <div>Active IEHP Direct members ages 3-21</div> <div>Is your child due for a WellCare Visit? Call (866) 228-4347, option 4 to verify eligibility and schedule an appointment or walk-in to participate.</div> <div>Everyone is welcome!</div> <div>Join us for a fun-filled day with the family.</div> <div></div>	