

February 2025

IEHP Wellness Classes • Riverside Proper



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Location
						01	IEHP Community Wellness Center 3590 Tyler Street (Suite 101) Riverside, CA 92503
02	03	04	05	06	07	08	
		<ul style="list-style-type: none"> 9:30AM Eat in a Heart Healthy Way—Even When Time or Money Is Tight 1PM Your Health & Wellness Benefits 2:30PM Digital Tools for a Healthier You 			<ul style="list-style-type: none"> 9AM Living Well: Setting Goals 10:30AM Control Your Cholesterol 12PM Healthy Habits 2:30PM Control Your Cholesterol 		Riverside Parks and Recreation 3936 Chestnut Street Riverside, CA 92501
09	10	11	12	13	14	15	
		<ul style="list-style-type: none"> 10:30AM Healthy Habits 12PM Advance Care Planning 2:30PM Diabetes: Healthy Eating 4PM Diabetes: Healthy Eating Part 2 					
16	17	18	19	20	21	22	
		<ul style="list-style-type: none"> 10:30AM Advance Care Planning 11:45AM Relaxation Techniques 1PM Your Health & Wellness Benefits 2:30PM Digital Tools for a Healthier You 3:45PM Intro to Healthy Living 5PM Intro to Healthy Living 					
23	24	25	26	27	28		
					<ul style="list-style-type: none"> 9AM Living Well: Building Support 10:30AM Diabetes: Being Active 12PM Relaxation Technique 2:30PM Diabetes: Being Active 		
<ul style="list-style-type: none"> English Spanish 							

January

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12	13	14	15	16	17	18
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26	27	28	29	30	31	

March

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9	10	11	12	13	14	15
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			26	27	28	29
30	31					