

# February 2025

## IEHP Wellness Classes • Southeast Riverside County



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Location																																																	
						01	<b>Desert Hot Springs FRC</b> 14320 Palm Dr. Desert Hot Springs, CA 92240																																																	
02	03	04	05	06	07	08	<b>First 5 Family Resource Center</b> 91275 66Th Avenue (Suite 100A) Mecca, CA 92254																																																	
			<ul style="list-style-type: none"> <li>9:30AM Eat Healthy, Be Active</li> <li>11AM Diabetes: Healthy Coping</li> <li>1:30PM Diabetes: Healthy Coping</li> <li>3PM Food Knowledge: Food Labels and Smart Shopping</li> </ul>		<ul style="list-style-type: none"> <li>9:30AM Advance Care Planning</li> <li>11AM Finding Your Social Support</li> <li>1:30PM Healthy Living: Healthy Habits</li> <li>3PM Diabetes: Healthy Eating Part 1</li> </ul>		<b>Mead Valley FRC</b> 21091 Rider Street (Suite #204) Perris, CA 92570																																																	
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		<ul style="list-style-type: none"> <li>1PM Food Knowledge: MyPlate</li> <li>2:15PM Diabetes: Healthy Eating</li> <li>3:30PM Control Your Blood I</li> </ul>	<ul style="list-style-type: none"> <li>9:30AM Eat Healthy, Be Active</li> <li>11AM Food Knowledge: Food Labels and Smart Shopping</li> <li>1:30PM Control Your Cholesterol</li> <li>3PM Control Your Cholesterol</li> </ul>		<ul style="list-style-type: none"> <li>9:30AM Understand Your Asthma</li> <li>11AM Caring for Your Baby</li> <li>1:30PM Intro to Healthy Living</li> <li>3PM Diabetes: Taking Medication</li> </ul>																																																			
16	17	18	19	20	21	22																																																		
			<ul style="list-style-type: none"> <li>9:30AM Eat Healthy, Be Active</li> <li>11AM Control Your Asthma</li> <li>1:30PM Control Your Asthma</li> <li>3PM Advance Care Planning</li> </ul>		<ul style="list-style-type: none"> <li>9:30AM You &amp; Your Pregnancy</li> <li>11AM Advance Care Planning</li> <li>1:30PM Intro to Healthy Heart</li> <li>3PM Diabetes: Healthy Eating Part 2</li> </ul>		<b>January</b> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td></tr> <tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td></tr> <tr><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td></tr> <tr><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td></tr> <tr><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td></td></tr> </table>	S	M	T	W	T	F	S				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31								
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			<ul style="list-style-type: none"> <li>9:30AM Eat Healthy, Be Active</li> <li>11AM Breastfeeding Basics</li> <li>1:30PM Breastfeeding Basics</li> <li>3PM Advance Care Planning</li> </ul>		<ul style="list-style-type: none"> <li>9:30AM Control Your Asthma</li> <li>11AM The Well Child Journey</li> <li>1:30PM Food Knowledge: MyPlate, Portion Sizes</li> <li>3PM Diabetes: Monitoring</li> </ul>		<b>March</b> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td></td><td>1</td></tr> <tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr> <tr><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td></tr> <tr><td></td><td></td><td></td><td>19</td><td>20</td><td>21</td><td>22</td></tr> <tr><td></td><td></td><td></td><td>26</td><td>27</td><td>28</td><td>29</td></tr> <tr><td>30</td><td>31</td><td></td><td></td><td></td><td></td><td></td></tr> </table>	S	M	T	W	T	F	S							1	2	3	4	5	6	7	8	9	10	11	12	13	14	15				19	20	21	22				26	27	28	29	30	31					
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