

January 2025

IEHP Wellness Classes • Riverside Proper



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		01	02	03	04	
05	06	07 <ul style="list-style-type: none"> 9AM Living Well: Physical Activity 10:30AM Prenatal Care 1PM Healthy Living: Food Knowledge 4PM Healthy Living: Food Knowledge 	08	09	10 <ul style="list-style-type: none"> 1PM Your Health & Wellness Benefits 	11
12	13	14	15	16	17 <ul style="list-style-type: none"> 9AM Understand Your Asthma 10:30AM Control Your Blood Pressure 12PM Understand Your Asthma 2:30PM Control Your Blood Pressure 	18
19	20	21 <ul style="list-style-type: none"> 9AM Living Well: Advocacy 9:30AM Your Hearth, Your Life: Physical Activity 10:30AM Quitting Tobacco 1PM Intro to Diabetes 4PM Intro to Diabetes 	22	23	24 <ul style="list-style-type: none"> 1PM Your Health & Wellness Benefits 	25
26	27	28	29	30	31 <ul style="list-style-type: none"> 9AM Controlling Stress 10:30AM Diabetes: Healthy Eating#1 12PM Controlling Stress 2:30PM Diabetes: Healthy Eating#1 	

IEHP Community Wellness Center
 3590 Tyler Street (Suite 101)
 Riverside, CA 92503

Riverside Parks and Recreation
 3936 Chestnut Street
 Riverside, CA 92501

December

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				

February

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	

- English
- Spanish