

November 2024

IEHP Wellness Classes • Southeast Riverside County



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Location
					01 • 9:30AM Living Well: Seeking Info • 11AM Eating Healthy During Pregnancy • 1:30PM Intro to Healthy Heart • 3PM Intro to Healthy Living	02	Desert Hot Springs FRC 14320 Palm Dr. Desert Hot Springs, CA 92240
03	04	05	06 • 9:30AM Eat Healthy, Be Active • 11AM Diabetes: Taking Medication • 1:30PM Diabetes: Taking Medication • 3PM Healthy Habits	07	08 • 9:30AM Understand Your Asthma • 11AM Relaxation Techniques • 1:30PM Diabetes: Healthy Coping • 3PM Food Knowledge: MyPlate, Portion Sizes & Cultural Influences	09	First 5 Family Resource Center 91275 66Th Avenue (Suite 100A) Mecca, CA 92254
10	11	12 • 1 PM Intro to Healthy Hear • 2:15PM Healthy Habits • 3:30PM Quitting Tobacco - I	13 • 9:30AM Eat Healthy, Be Active • 11AM Healthy Habits • 1:30PM Intro to Healthy Heart • 3PM Intro to Healthy Heart	14	15 • 9:30AM Quitting Tobacco - Where to Start? • 11AM Stress During Pregnancy • 1:30PM Control Your Blood Pressure • 3PM Food Knowledge: My Plate, Portion Sizes & Cultural Influences	16	Mead Valley FRC 21091 Rider Street (Suite #204) Perris, CA 92570
17	18	19	20	21	22 • 9:30AM Advance Care Planning • 11AM Control Your Asthma • 1:30PM Diabetes: Reducing Risks • 3PM Healthy Habits	23	
24	25	26	27	28	29	30	

- English
- Spanish

[Click here to login to your IEHP Member Account and sign up today!](#)

October

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		

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
			25	26	27	28