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| Oct, Nov & Dec 2018 | | | | | |
| Hospital | Topic/Title | Date/Time | L | Cost | Phone Number |
| California Smokers' Helpline | | | | | |
| | Smoking Cessation Counseling | Mon-Fri 9am-9pm & Sat 9am-1pm | E | FREE | 1-800-NO-BUTTS |
| | Smoking Cessation Counseling | Mon-Fri 9am-9pm & Sat 9am-1pm | SP | FREE | 1-800-456-6386 |
| | Smoking Cessation Counseling | Mon-Fri 9am-9pm & Sat 9am-1pm | CANT | FREE | 1-800-838-8917 |
| | Smoking Cessation Counseling | Mon-Fri 9am-9pm & Sat 9am-1pm | VIE | FREE | 1-800-778-8440 |
| | Smoking Cessation Counseling | Mon-Fri 9am-9pm & Sat 9am-1pm | KO | FREE | 1-800-556-5564 |
| | Smoking Cessation Counseling | Mon-Fri 9am-9pm & Sat 9am-1pm | TDD/TTY | FREE | 1-800-933-4833 |
| Caregivers At Home | Telephone Series | | | | |
| | Telephone Support Group for Caregivers | 3rd Wed 10-11:30am & 6:30pm-8:00pm | E | FREE; must RSVP | 1-800-540-4442 |
| Community Worker Education Program visits to your home | | | | | |
| | Do you know a child with Asthma (under 18 years of age) | call for schedule | E/SP | FREE | 562-933-5650 |
| Pediatric Hub Clinic at Martin L. King-MACC | 1720 E. 120th St., Los Angeles 90059 | | | | |
| | Asthma Class | call for schedule | E/SP | FREE | 562-933-5650 or 310-668-6412 |
| Care1st Health Plan Information Resource Center | 5926 Pacific Blvd., Huntington Park 90255 | | | http://www.care1st.com | |
| | Adult Yoga Class | Mon 4:00pm-5:30pm Thurs 10:00am-11:30am Fri 12:00pm-1:30pm | E | FREE | 323-586-1610 |
| | Strengthening | Mon, Tue, Wed, Fri & Sat 8:30am-9:30am | E/SP | FREE | 323-586-1610 |
| | Zumba Class | Mon, Wed & Sat 10:00am-11:00am Tue & Thu 4:00pm-5:00pm | E/SP | FREE | 323-586-1610 |
| | Zumba for Kids | Thurs 5:00pm-5:45pm Sat 11:30am-12:30pm | E/SP | FREE | 323-586-1610 |
| | Cholesterol Class | Fri 4:30pm-5:30pm | E/SP | FREE | 323-586-1610 |
| | Diabetes Class | Tue 2:30pm-4:00pm | E/SP | FREE | 323-586-1610 |
| | High Blood Pressure Class | Thurs 3:00pm-4:00pm | E/SP | FREE | 323-586-1610 |
| Care1st Health Plan | 601 Potrero Grande Dr. Monterey Park., 91755 | | | | |
| | Call for information on list of classes | call for schedule | E/SP/CANT | FREE | 323-827-6033 |
| Good Samaritan Hospital | 1225 Wilshire Blvd., Los Angeles 90017 | | | http://www.goodsam.org/ | |
| <i>following classes held at: 637 S. Lucas Avenue 7th Floor., Los Angeles 90017</i> | | | | | |

Hospital-based Health Education Programs

| Hospital | Topic/Title | Date/Time | L | Cost | Phone Number |
|---|---|---|---|-----------------|--------------|
| | Breastfeeding | Wed 10/24, 11/21, 12/19 10:00am-11:30am | E | FREE | 213-977-2121 |
| | Living with Diabetes (4 class series) | call for schedule | E/SP | FREE; must RSVP | 213-977-2150 |
| | Heart H.E.L.P. | call for schedule | E/SP | FREE | 213-977-2150 |
| St. Vincent Medical Center | 2131 West Third Street., Los Angeles 90057 | | | | |
| | Diabetes Education (one-to-one counseling) | by appointment | E/SP | FREE | 213-484-7453 |
| Pacific Alliance Medical Center | Education Center: 910 N. Hill St., Los Angeles 90012 | | http://www.pamc.net | | |
| | CPR | call for schedule | CANT | FREE | 213-437-4203 |
| | | call for schedule | MAN | FREE | 213-437-4203 |
| California Hospital Medical Center | 1401 S. Grand Ave., Los Angeles 90015 | | http://www.chmcla.org/ | | |
| | call for information on classes- (no classes on website) | call for schedule | E/SP | FREE | 213-742-6421 |
| Childrens Hospital Los Angeles | 4650 Sunset Blvd., Los Angeles 90027 | | | | |
| | CPR | Mondays 9:00am-10:00am & Thursdays 5:30pm-6:30pm | E | FREE: must RSVP | 323-361-7698 |
| | | Mon 10:15am-11:15am & Thurs 6:45pm-7:45pm (English w/Spanish Interpreter) | SP | FREE: must RSVP | 323-361-7698 |
| | G Tube Class | Fridays 9:30am-12:00pm | E | FREE: must RSVP | 323-361-7698 |
| | | Fri 12:45pm-3:15pm (English w/Spanish Interpreter) | SP | FREE: must RSVP | 323-361-7698 |
| | CVC/PICC Class | Mondays 12:00pm-1:30pm | E | FREE: must RSVP | 323-361-7698 |
| | | Mondays 2:00pm-4:00pm (English w/Spanish Interpreter) | SP | FREE: must RSVP | 323-361-7698 |
| | | Thursdays 12:00pm-1:30pm | E | FREE: must RSVP | 323-361-7698 |
| | | Thursdays 2:00pm-4:00pm (English | SP | FREE: must RSVP | 323-361-7698 |
| Adventist Health White Memorial | 1720 Cesar Chavez., Los Angeles 90033 | | http://www.whitememorial.com/content/index.asp | | |
| | Breastfeeding Class | Tues 7/3, 8/7, 9/4, 10/2, 11/6 7:00pm-8:00pm | E | FREE; must RSVP | 323-265-5050 |
| | "We Care" Baby Care | Fri 7/12, 9/28 6:00pm-8:00pm | E | FREE | 323-265-5050 |
| | | Fri 8/23 6:00pm-8:00pm | SP | FREE | 323-265-5050 |
| | Infant Safety | Thurs 7/12 Fri 9/28 6:00pm-8:00pm | E | FREE | 323-265-5050 |

Hospital-based Health Education Programs

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|--------------------|---|---|------|-----------------|--------------|
| | | Thurs 8/9 6:00pm-8:00pm | SP | FREE | 323-265-5050 |
| | Gestational Diabetes Class (Doctor's referral required) | Every Thursday 9:30am-11:30am | E | FREE | 323-265-5050 |
| | Diabetes Self-Management Education Class (Doctor's referral required) | Daily 3:00pm-5:00pm | E | FREE | 323-265-5050 |
| | Healthy Eating & Lifestyle Program (HELP) | Tuesdays & Wednesdays 4:00pm-6:00pm | E | FREE; must RSVP | 323-265-5050 |
| | Living with Diabetes | 3rd Wednesday of every month 3:00pm-5:00pm | E | FREE | 323-265-5050 |
| UCLA Health | 757 Westwood Plaza., Los Angeles 90095 | | | | |
| | call for all community Health programs available | call for schedule | E | FREE | 800-516-5323 |
| Hazard Park | 2230 Norfolk St., Los Angeles 90033 | | | | |
| | Fit Families (Pre- Register) | Sat 9:00am-noon | E/SP | FREE | 323-224-5592 |