

 					
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-8pm	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 information	E/SP	FREE	562-933-5650
Wilmington Community Clinic	1009 Avalon Blvd., Wilmington 90744				
	Asthma	Wed 10/10, 11/14, 12/12 10:00am-12:00pm	E/SP	FREE	310-549-5760
Harbor Free Clinic	731 S. Beacon St., San Pedro 90731				
	Asthma	Mon 11/19 10:00am-12:00pm	E/SP	FREE	310-732-5887
Long Beach Alliance for Children with Asthma	2651 Elm Ave., Suite 100., Long Beach 90806				
	Asthma	call to schedule a class	E/SP	FREE	562-933-5650
Miller Children's & Women's Hospital Long Beach (Conference Room B)	2801 Atlantic Blvd., Long Beach 90806			http://www.ci.long-beach.ca.us/health/fhec/default.asp	
	call for list of classes	call for schedule	E/SP	FREE	562-933-5650
St. Mary Medical Center	1050 Linden Ave., Long Beach 90813			http://www.sc.chw.edu	
	Sweet Success	Tuesday 9:30am-1:00pm	E	FREE: W Dr. Referral	562-491-9809
		Thursday 10:30am-2:00pm	SP	FREE: W Dr. Referral	562-491-9809
	Childbirth Preparation	call for more information	E/SP	Charge	562-481-1274
Support Groups	Diabetes	Wednesday 7:00am- 5:00pm & Thursday 11:00am-5:00pm	E	FREE	562-491-9547
	Living a Healthy Life with Chronic Conditions	call for schedule	E	FREE	562-491-4840

Hospital-based Health Education Programs

Hospital	Topic/Title	Date/Time	L	Cost	Phone Number
	Cancer	call for schedule	E	--	562-491-9067
	Breast Cancer	call for schedule	E	--	562-432-0079
Torrance Memorial Medical Center	3330 Lomita Blvd., Torrance 90505		http://torrancememorial.org		
	Breastfeeding	call for schedule	E	Charge	310-517-4702
	Breastfeeding Questions and Beyond (after the baby)	call for schedule	E	Charge	310-517-4702
	Prenatal Yoga	call for schedule	E	Charge	310-517-4702
Support Groups	Cancer	call for schedule	E	--	310-517-4666
	Caregiver	call for schedule	E	FREE	310-517-4711
	Diabetes	1st & 3th Wednesday 1pm	E	FREE	310-784-3792
	COPD	call for schedule	E	FREE	310-784-4885
	Alcoholics Anonymous	Thursdays 7:00pm & Friday and Saturday 7:30pm	E	--	310-784-4879
	Fibromyalgia	2nd Sat 1:00pm-3:00pm	E	Charge	310-324-6810
	Stroke	1st Wed @ 10:00am	E	FREE	310-325-9110 ext1008
	Take Heart	1st Wed 6:00pm-7:30 pm	E	FREE	310-517-4737
	Depression	2nd and 4th Sat @ 10:00am	E	FREE	310-517-4711
	Nicotine Anonymous	Call for schedule	E	FREE	310-676-5118
Providence Little Company of Mary Medical Center Torrance	4101 Torrance Blvd., Torrance 90503		http://www.lcmhs.org		
	Joint Replacement Education Class	10/4, 10/11, 10/18, 10/25, 11/1, 11/8, 11/15, 11/29, 12/6, 12/13, 12/20, 12/27 10:30am-12:30pm	E	FREE; must RSVP	888-432-5464
	Infant & Child CPR (Family & Friends)	10/6, 11/3, 12/1, 12/12 9:00am-12:00pm & 10/10, 10/22, 11/14, 11/19, 12/17 6:00pm-9:00pm	E	Charge: must RSVP	800-618-6659
	Heartsaver First Aid- Part 2 Skills	10/7, 10/14, 10/21, 10/28, 11/4, 11/11, 11/18, 12/2, 12/9, 12/16 10:00am-12:00pm	E	Charge: must RSVP	888-432-5464
Beach Cities Health District	514 N. Prospect Ave, 3rd Floor., Redondo Beach 90277		http://www.bchd.org		
	Healthier Living-six week workshop	call for schedule	E	FREE	310-374-3426 ext 120
	Powerful tools for caregivers- six weekly classes	Wednesdays starting 10/11 @ 4:00pm	E	FREE	310-374-3426 ext 120
	Aerobics	call for schedule	E	FREE	310-374-3426 ext 147
	Yoga	call for schedule	E	Charge	310-374-3426 ext 147

Hospital-based Health Education Programs

Hospital	Topic/Title	Date/Time	L	Cost	Phone Number
	Thai chi	call for schedule	E	Charge	310-374-3426 ext 147
Cancer Support Community Redondo Beach	109 W. Torrance Blvd., Redondo Beach, CA 90277				
	Gentle Yoga	Mondays 1:30pm-2:45pm	E	FREE	310-376-3550
	Tai Chi	Tuesdays 1:00pm-2:00pm	E	FREE	310-376-3550
	Basic Yoga	Fridays 11:00am-noon	E	FREE	310-376-3550
Support Groups	Cancer Patient or Community Member Group	call for schedule	E	FREE	310-376-3550
	Family Transition Group	Mondays 6:00pm-8:00pm & Tuesdays 3:00pm-5:00pm	E	FREE	310-376-3550
	After Treatment Breat Cancer	2nd & 4th Monday 6:00pm-8:00pm	E	FREE	310-376-3550
	Lung Cancer	3rd Saturday 10:30am-12:30pm	E	FREE	310-376-3550
	Prostate Cancer	1st & 3rd Wednesday 4:30pm-6:30pm	E	FREE	310-376-3550
Long Beach Memorial	2801 Atlantic Blvd., Long Beach 90806		http://www.memorialcare.com/long_beach/about.cfm		
	Call for schedule of classes- Webiste is not up to date	call for information	*	***	562-933-2000