

 					
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 10:00am-11:30am & 6:30pm-8:00pm	E	FREE; must RSVP	1-800-540-4442
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	Fridays 4:30pm-5:30pm	E/SP	FREE	323-586-1610
	Diabetes Class	Tuesdays 2:30pm-4:00pm	E/SP	FREE	323-586-1610
	High Blood Pressure Class	Thursdays 3:00pm-4:00pm	E/SP	FREE	323-586-1610
Care1st Health Plan	601 Potrero Grande Dr., Monterey Park 91755				
	Call for list of classes offered	call for schedule	E/SP/CANT	FREE; must RSVP	323-827-6033
San Gabriel Valley Medical Center	438 W. Las Tunas Dr., San Gabriel 91776		http://www.sangabrielvalleymedctr.org		
	Baby Care & Happiest Baby on the Block	Sat 10/13, 11/3. 12/1 9:00am-11:30am	E	Charge; must RSVP	626-457-3277
	Breastfeeding Class- Off to a great start	Wed 10/24, 11/28 7:00pm-9:30pm & 12/15 9:00am-11:30am	E	Charge; must RSVP	626-457-3277
Methodist Hospital	300 W. Huntington., Arcadia 91007		http://www.methodisthospital.org		

Hospital-based Health Education Programs

Hospital	Topic/Title	Date/Time	L	Cost	Phone Number
	Baby Care & Soothing Basics	Sat 10/13, 11/3, 12/1 1:30pm-4:30pm	E	Charge; must RSVP	800-950-8883
	Diabetes Education	Tues 10/2, 10/9, 10/16, 10/23, 11/6, 11/13, 11/20, 11/27 4:30pm-6:30pm	E	FREE	626-821-2344
	Tot CPR	Tues 10/2, 11/6 & Mon 12/3 6:30pm-9:30pm	E	CHARGE; must RSVP online	800-950-2229
		Mon 11/5 6:30pm-9:30pm	Chinese	CHARGE; must RSVP online	800-950-2229
Support Groups	Bariatric	Tues 11/27 7:00pm-8:30pm	E	FREE; must RSVP	626-898-8729
Beverly Hospital	309 W. Beverly Blvd., Montebello 90640		http://www.beverly.org		
	call for list of classes	call for schedule	E/SP	FREE	323-726-1222
	<i>following two classes held at: YMCA- 2000 W Beverly Blvd., Montebello 90640</i>				
	KidsFit Program-Kids Ages 7-12	<u>Nutrition Class</u> : Tuesdays Starting 11/7-12/14 4:30pm-5:15pm & <u>Weekly Exercise Classes</u> : Tuesdays & Thursdays 5:15pm-6:00pm	E/SP	FREE; Register by 10/26	323-725-5033 or 323-887-9622
	Kids Fit Program-Teens Ages 13-18	<u>Nutrition Class</u> : Tuesdays Starting 11/7-12/14 5:15pm-6:00pm & <u>Weekly Exercise Classes</u> : Tuesdays & Thursdays 4:30pm-5:15pm	E/SP	FREE; Register by 10/26	323-725-5033 or 323-887-9622
Huntington Hospital	100 W. California Blvd., Pasadena 91105		http://www.huntingtonhospital.com		
	Stroke Survivor Support Group	2nd Tuesday of each month 11:00am-12:00pm	E	FREE	626-397-5110
	<i>following two classes held at: Huntington Pavilion: 625 South Fair Oaks Ave., Pasadena 91105</i>				
	Lymphedema Education	2nd Wednesday of every month 3:30pm-4:30pm	E	FREE	626-397-2525
Support Groups	Bariatric Surgery	Tues 10/2, 10/9, 10/16, 10/23, 10/30 7:00pm-9:00pm	E	FREE	626-397-5208
	Lung Cancer	2nd Wednesday of every month 10:00am-11:30am	E	FREE	626-397-2528
	Community Outreach Prostate Education Group (COPE)	Thurs 10/4, 11/1, 12/6 5:00pm-6:30pm	E	FREE	626-397-2524
Queen of the Valley	1115 S. Sunset., West Covina 91790		http://www.cvhp.com		
	Grief Outreach (must be 18 or older)	call for schedule	E	FREE; must RSVP	888-456-2847

Hospital-based Health Education Programs

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	Sweet Success/Dulce Exito (Physician referral required)	call for schedule	E/SP	FREE; must RSVP	626-857-3477
Citrus Valley Medical Center-Intercommunity Campus	210 W. San Bernardino., Covina 91723		http://www.cvhp.com		
	Yoga for Healing	Mondays, Thursday 5:30pm-6:30pm & Fridays 9:00am-10:00am	E	FREE; must RSVP	626-938-7585
Support Groups	Grupo de Apoyo Para Personas Con Cancer y Sus Familias	Sat 10/13, 11/10, 12/8 10:00am-12:00pm	SP	FREE; must RSVP	626-814-2479
	Mended Hearts	call for schedule	E	FREE; must RSVP	626-915-6238
Foothill Education Center	427 W. Carroll Ave., Glendora 91741		http://www.cvhp.com		
Support Groups	Adults with Diabetes	Mon 10/1 10:30am-12:00pm	E	FREE; must RSVP	626-587-3477
	Parents of a child with diabetes	Wed 10/3,11/7 7:00pm-8:30pm	E	FREE; must RSVP	626-857-3477
	Type 1 diabetes	Wed 10/10, 11/14, 12/12 7:00pm-8:30pm	E	FREE; must RSVP	626-857-3477
Garfield Medical Center	605 N Garfield Ave., Monterey Park 91754		http://www.Garfieldmedicalcenter.com		
	Infant Care and Breastfeeding	Tues 10/16 7:00pm-9:30pm	E	Charge	877-573-2462
Cancer Support Community-Pasadena	76 East Del Mar Blvd, Pasadena 91105-2nd Floor				
	Yoga	Tuesdays 2:00pm-3:00pm	E	FREE	626-796-1083
		Saturdays 10:00am-11:30am	SP	FREE	626-796-1083
	Mindfulness For Health	Thursdays 1:30pm-2:30pm	E	FREE	626-796-1083
	Gentle Yoga	Thursdays 2:30pm-3:30pm	E	FREE	626-796-1083
	Look good, Feel better	Tues 12/6 10:00am-12:30pm	E	FREE	626-796-1083
City of Pasadena Public Health Department	1845 N. Fair Oaks Ave., Pasadena 91103				
	Call for list of any Classes at Community Centers	Nutrition and Physical Activity Classes	*	FREE; must RSVP	626-744-6136 Esme Garcia
Arceo Park	3125 N. Tyler Ave., El Monte 91731				
	Family Fitness Session with Power (Take a bottle of water, wear comfortable shoes and clothing. ALL ages welcomed)	Every first Saturday of the month @ 8:00am	E	FREE	626-580-2210
Jack Crippen Multipurpose Senior Center	3120 N. Tyler Ave., El Monte 91733				
	Hatha Yoga	Wednesdays 8:30am-9:45am	E	FREE	626-580-2210

Hospital-based Health Education Programs

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	Senior Gym	Mondays, Wednesdays 9:00am-1:00pm and Tuesdays, Thursdays 9:00am-1:00pm & 5:30pm-7:30pm and Fridays 9:00am-12:00pm	E	CHARGE	626-580-2210
Glendale Memorial Hospital and Health Center	1420 S. Central Ave., Glendale 91204		http://www.glendalememorial.com		
	Diabetes Education and Nutrition Program	call for more information	E	FREE	818-507-4616
	General Health & Wellness (Spine Education)	1st Wednesday of every month noon-1:00pm	E	FREE; Must RSVP	818-502-2232
Support Groups	Breast Cancer	2nd Thursday of each month 5:30pm-7:00pm	E	FREE; Must RSVP	818-502-2323
	Breastfeeding	every Thursday (except holidays) 1:30pm-3:30pm	E	FREE; must RSVP	818-507-4191
	Stroke (Rehabilitation Conference Room 3rd Floor)	2nd Tuesday of each month 2:00pm-3:00pm	E	FREE; Must RSVP	818-502-4725
Glendale Adventist Medical Center	1509 Wilson Terrace., Glendale 91206		http://www.glendaleadventist.com		
	Infant Safety & CPR	Sun 10/28, 11/11 1:00pm-4:00pm	E	Charge; Must RSVP	818-409-8100
Verdugo Hills Hospital	1812 Verdugo Blvd., Glendale 91208		http://verdugohillshospital.org		
	Breastfeeding Class	Once a month 6:30pm-8:30pm	E	Charge; Must RSVP	818-952-2272
	Infant Care Workshop	call for schedule	E	Charge	818-952-2272
	Infant CPR and Safety Training	Mondays 6:30pm-8:30pm & Saturdays 10:30am-12:30pm	E	Charge	818-952-2272
Support Groups	Breastfeeding	Fridays 9:30am-11:30am	E	FREE	818-952-2272