



Inland Empire Health Plan

Community Resource Center – Riverside

Everyone is Welcome! Join us and you will:

♥ Learn how to use your IEHP benefits

♥ Find out how to get affordable coverage

♥ Take health and fitness classes

♥ Connect with community programs

3590 Tyler Street, Suite 101, Riverside, CA 92503 (across from Galleria at Tyler)

Center Hours: Monday - Friday: 9am - 6pm • Saturday: 10am - 2pm • Closed Sunday



December 2018

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|---|--|--|
| | | | | | 1 Zumba 9am-10am Line Dance 10:30am-11:30am Zumba for Kids (Ages 5-11 with Parents) 12pm-1pm Green Apple Cookies – Kids Food Demo (Ages 5-11 with Parents) 1pm-1:45pm |
| 3 Zumba 9am-10am Circle Time 9:30am-10:30am (ages 0-2) 10:30am-11:30am (ages 3-5) Yoga 10:30am-11:30am My Health, My Way 12pm-1pm 1pm-2pm (Spanish) Snacking Healthy for the Holidays – Food Demo 3:30pm-4:30pm IEHP Member Eat Healthy, Be Active #5 5pm-7pm Aerobic Boxing 6pm-7pm | 4 Yoga for Seniors & People w/ Disabilities 9am-10:15am Medicare 101 10am-10:30am 10:30am-11am (Spanish) Strength & Conditioning 11am-12pm Tai Chi 12:30pm-1:30pm Zumba 4:30pm-5:30pm | 5 Yoga 9am-10am Prenatal Workshop 9am-12pm Zumba Chair 10am-11am Line Dance 11am-12pm Meditation 1pm-2pm CPR 2pm-6pm Zumba 6pm-7pm | 6 Zumba 9am-10am Strength & Conditioning 11am-12pm Breastfeeding Support Group 12pm-1pm Tai Chi 12:30pm-1:30pm IEHP Member Orientation 2pm-3pm 3:30pm-4:30pm (Spanish) Yoga for Seniors & People w/ Disabilities 4:30pm-5:45pm | 7 Get Physical (Spanish) 9am-10am Yoga 9am-10am Learn More About Diabetes 10:30am-11:30am Zumba Gold 11am-12pm Get Physical 12pm-1pm Meditation 1pm-2pm Zumba for IEHP Members 4:30pm-5:30pm | 8 Zumba 9am-10am Family Asthma Class 10:30am-1pm Line Dance 10:30am-11:30am Zumba for Kids (Ages 5-11 and Parents) 12pm-1pm |
| 10 Zumba 9am-10am Circle Time 9:30am-10:30am (ages 0-2) 10:30am-11:30am (ages 3-5) Yoga 10:30am-11:30am Care for House Plants – Gardening 12pm-1pm 1pm-2pm (Spanish) Snacking Healthy for the Holidays – Food Demo (Spanish) 3:30pm-4:30pm IEHP Member Eat Healthy, Be Active #6 5pm-7pm Aerobic Boxing 6pm-7pm | 11 Yoga for Seniors & People w/ Disabilities 9am-10:15am Stress Management 10am-11am 11am-12pm (Spanish) Strength & Conditioning 11am-12pm Tai Chi 12:30pm-1:30pm CPR (Spanish) 2pm-6pm Zumba 4:30pm-5:30pm | 12 Yoga 9am-10am Zumba Chair 10am-11am Line Dance 11am-12pm Asthma 101 12pm-1pm 1pm-2pm (Spanish) Meditation 1pm-2pm Zumba 6pm-7pm | 13 Zumba 9am-10am Strength & Conditioning Canceled Tai Chi 12:30pm-1:30pm IEHP Member Orientation 3pm-4pm Yoga for Seniors & People w/ Disabilities 4:30pm-5:45pm | 14 Yoga 9am-10am Zumba Gold 11am-12pm Meditation 1pm-2pm IEHP Member Orientation (Spanish) 2pm-3pm Zumba for IEHP Members 4:30pm-5:30pm | 15 Zumba 9am-10am Line Dance 10:30am-11:30am Zumba for Kids (Ages 5-11 and Parents) 12pm-1pm Pine Cone Christmas Tree for Kids – Gardening (Ages 5-11 and Parents) 1pm-1:45pm |
| 17 Zumba 9am-10am Circle Time 9:30am-10:30am (ages 0-2) 10:30am-11:30am (ages 3-5) Yoga 10:30am-11:30am Chicken Pozole – Food Demo 3:30pm-4:30pm 4:45pm-5:45pm (Spanish) Aerobic Boxing 6pm-7pm | 18 Yoga for Seniors & People w/ Disabilities 9am-10:15am Know the 10 Signs of Alzheimer's 10am-11am 11am-12pm (Spanish) Strength & Conditioning 11am-12pm Tai Chi 12:30pm-1:30pm Zumba 4:30pm-5:30pm | 19 Yoga 9am-10am Zumba Chair 10am-11am Line Dance 11am-12pm Christmas in the Garden 11am-12pm 12pm-1pm (Spanish) Meditation 1pm-2pm IEHP Member Orientation 4pm-5pm Zumba 6pm-7pm | 20 Zumba 9am-10am Strength & Conditioning 11am-12pm Breastfeeding Support Group (Spanish) 12pm-1pm Tai Chi 12:30pm-1:30pm IEHP Member Orientation (Spanish) 4pm-5pm Yoga for Seniors & People w/ Disabilities 4:30pm-5:45pm | 21 Advocate for Fruits, Vegetables & Physical Activity 9am-10am (Spanish) Yoga 9am-10am Learn More About Diabetes (Spanish) 10:30am-11:30am Zumba Gold 11am-12pm Advocate for Fruits, Vegetables & Physical Activity 12pm-1pm Meditation 1pm-2pm Zumba for IEHP Members 4:30pm-5:30pm | 22 |
| 24 | 25 | 26 Yoga 9am-10am Zumba Chair 10am-11am Line Dance 11am-12pm Zumba for Kids (Ages 5-11 and Parents) 12pm-1pm Meditation 1pm-2pm IEHP Member Orientation (Spanish) 4pm-5pm Zumba 6pm-7pm | 27 Zumba 9am-10am IEHP Member Orientation 10am-11am Strength & Conditioning 11am-12pm Fruit Sushi – Kids Food Demo (Ages 5-11 with Parents) 12pm-12:45pm Tai Chi 12:30pm-1:30pm Yoga for Seniors & People w/ Disabilities 4:30pm-5:45pm | 28 Yoga 9am-10am Consequences of Dental Neglect – Oral Health 10am-11am 11am-12pm (Spanish) Zumba Gold 11am-12pm Yoga for Kids (Ages 5-11 and Parents) 12pm-1pm Meditation 1pm-2pm Zumba for IEHP Members 4:30pm-5:30pm | 29 |
| 31 | | | | | |

December 2018 Class Information

| IEHP Community Resource Center Classes | Adults 12+ | Seniors | Kids (Ages 5-11) | English | Spanish |
|---|------------|---------|----------------------------|---------|---------|
| Fitness and Dance Classes | ✓ | ✓ | ✓ | ✓ | ✓ |
| Asthma 101 | ✓ | ✓ | | ✓ | ✓ |
| Breastfeeding Support Group | ✓ | ✓ | | ✓ | ✓ |
| Consequences of Dental Neglect | ✓ | ✓ | | ✓ | ✓ |
| CPR | ✓ 18+ | ✓ | | ✓ | ✓ |
| Family Asthma Class | ✓ | ✓ | ✓ Ages 8+ with adults | | ✓ |
| Gardening | ✓ | ✓ | ✓ | ✓ | ✓ |
| Healthy Eating and Active Living Series | ✓ | ✓ | | ✓ | ✓ |
| IEHP Member Eat Healthy, Be Active | ✓ | ✓ | ✓ Ages 7-17 with adults | ✓ | ✓ |

| IEHP Community Resource Center Classes | Adults 12+ | Seniors | Kids (Ages 5-11) | English | Spanish |
|--|------------|---------|------------------|---------|---------|
| IEHP Member Orientation | ✓ | ✓ | | ✓ | ✓ |
| Know the 10 Signs of Alzheimer's | ✓ | ✓ | | ✓ | ✓ |
| Learn More About Diabetes | ✓ | ✓ | | ✓ | ✓ |
| Medicare 101 | | ✓ | | ✓ | ✓ |
| My Health, My Way | ✓ | ✓ | ✓ | ✓ | ✓ |
| Nutrition Classes and Food Demos | ✓ | ✓ | ✓ | ✓ | ✓ |
| Prenatal Workshop | ✓ | ✓ | | ✓ | ✓ |
| Stress Management | ✓ | ✓ | | ✓ | ✓ |

Fitness and Dance Classes: (ages 12 and up): Stay active with Zumba, Zumba Chair, Zumba Gold, Zumba for IEHP Members, Aerobic Boxing, Strength & Conditioning, Meditation, Yoga, Yoga for Seniors & People with Disabilities, Tai Chi, and Line Dance.

Yoga for Kids and Zumba for Kids (ages 5-11).

Asthma 101: Learn how to control your asthma symptoms.

Breastfeeding Support Group: This class provides breastfeeding advice, tips, and resources to help manage breastfeeding-related problems. Drop-ins are welcome.

Circle Time: For toddlers up to age five, this class offers learning and language for little ones and their parents/caregivers, focusing on healthy behaviors and developmental milestones. Ages 0-5 and parents.

CPR: On first come first serve basis. For the first 30 people who register. Get certified for two years for CPR and First Aid through American Heart Association. For ages 18 and older.

Family Asthma Class: Learn how to live an active life with asthma.

Healthy Eating and Active Living Series: These six classes (two sessions this month) are full of tips and tools to help you live a more healthy and active lifestyle.

1. Get Physical

2. Advocate for Fruits, Vegetables & Physical Activity

IEHP Members Eat Healthy, Be Active: This community series consists of six, two-hour workshops. IEHP Members participate in hands-on activities, view short videos, and receive a workbook to take home. Based on the Dietary Guidelines for Americans and the Physical Activity Guidelines for Americans, the workshops focus on wellness through healthy eating and exercise. (Weight tracking is optional — not required).

IEHP Member Orientation: Get a \$15 grocery certificate for completing this class. You'll learn how to use your IEHP benefits, ways to get care, and more. (Must be active with IEHP).

Medicare 101: This class provides education to the Medi-Medi population on Medicare Basics. Discussed will be Medicare Part A, B, C and D along with a presentation about IEHP DualChoice Cal MediConnect Program. Topics include: How to utilize the IEHP Cal MediConnect benefits, such as vision, dental and transportation.

My Health My Way: This class focuses on an important legal document called an "Advance Care Plan." Advance care planning is making decisions about the health care you would want to receive if you become unable to speak for yourself.

Nutrition Classes and Food Demos: For the first 30 people who register. This class consists of interactive and educational nutrition classes for adults.

1. Snacking Healthy for the Holidays
2. Chicken Pozole
3. Green Apple Cookies – Kids Food Demo (Ages 5-11 with Parents)
4. Fruit Sushi – Kids Food Demo (Ages 5-11 with Parents)

Prenatal Workshop: Learn about your pregnancy, the importance of keeping OB appointments, what to eat, signs of labor, postpartum checkup, postpartum depression, injury prevention, and more!

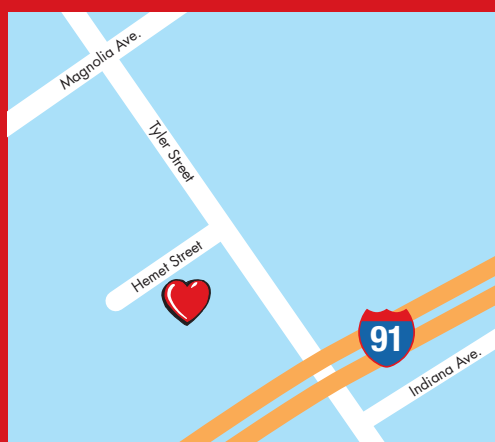
Stress Management: Uncontrolled stress can impact your health in a bad way. This class shows you how to identify sources of stress, how to reduce stress levels and the coping skills you need to control stress.

Now with two locations for your convenience in Riverside and San Bernardino!



Inland Empire Health Plan

www.iehp.org



Metro: Galleria at Tyler Bus Stop is located on the corner of Magnolia Ave. and Tyler St.

FREE Parking Available

You can also view our schedule of **FREE** health and fitness classes at www.iehp.org/crc or call **1-866-228-4347**. TTY users should call **711**.

IEHP complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. ATTENTION: If you speak a language other than English, language assistance services, free of charge, are available to you. Call 1-800-440-4347 (TTY: 1-800-718-4347). IEHP cumple con las leyes federales de derechos civiles aplicables y no discrimina por motivos de raza, color, nacionalidad, edad, discapacidad o sexo. ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-440-4347 (TTY: 1-800-718-4347). IEHP 遵守適用的聯邦民權法律規定，不因種族、膚色、民族血統、年齡、殘障或性別而歧視任何人。注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-800-440-4347 (TTY: 1-800-718-4347)。