


Community Wellness Center - RIVERSIDE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1</p> <p>*Apple Slaw — Food Demo 10am-11am</p> <p>Strength & Conditioning 10:30am-11:30am</p> <p>*Apple Slaw — Food Demo 11:30am-12:30pm</p> <p>*Food Demo 30 max capacity</p> <p>Meditation 12pm-1pm</p> <p>*Arts & Crafts for Kids (Ages 4-11) 4pm-4:45pm</p> <p>*Refreshments Provided</p>	<p>2</p> <p>*Arts & Crafts (Bilingual) 9am-10am</p> <p>*Refreshments Provided</p> <p>Line Dance 9am-10am</p> <p>Understanding Diabetes #9 10:30am-11:30am</p> <p>Mindful Living #3 1pm-2pm</p> <p>Yoga for Seniors & People w/ disabilities Canceled</p> <p>Chair Fitness 3:30pm-4:30pm</p> <p>Living Well in the Community #9 4pm-5pm</p>	<p>3</p> <p>IEHP Renewal Specialist</p> <p>Knitting & Crochet Club (Self-Led) (Bilingual) 9am-10am</p> <p>Yoga Flow 9am-10am</p> <p>Free Legal & Citizenship/Immigration Services (Bilingual) 10am-11am</p> <p>Apple Slaw — Food Demo (Spanish) 11:30am-12:30pm</p> <p>Healthy Living My Best Self #1 (Spanish) 1pm-2pm</p> <p>Healthy Heart #3 (Spanish) 2:30pm-3:30pm</p> <p>Breathe Well, Live Well #2 4pm-5pm</p>	<p>4</p> <p>Chair Fitness 9am-10am</p> <p>Community Health Worker (CHW) Workshop 9am-10am</p> <p>10:15am-11:15am (Spanish)</p> <p>Yin Yoga 10:30am-11:30am</p> <p>Self-Care: Understanding Your Mental Health 11:30am-12:30pm</p> <p>Line Dance 12pm-1pm</p> <p>24/7 Dads — Cohort 1, Session 1 4pm-6pm</p>	<p>5</p> <p>CLOSED 3pm-6pm</p> <p>Becoming a Mom #2 9am-10am</p> <p>My Life, My Choice 10:30am-11:30am</p> <p>Understanding Diabetes #9 (Spanish) 12pm-1pm</p> <p>*Arts & Crafts (Bilingual) 1:30pm-2:30pm</p> <p>*Refreshments Provided</p> <p>Yoga for Seniors & People w/disabilities Canceled</p> <p>Strength & Conditioning Canceled</p>	<p>6</p> <p>Arts & Crafts (Bilingual) 9am-10am</p> <p>Arts & Crafts for Kids (Ages 4-11) 11am-11:45am</p>
<p>8</p> <p>*Simmered Beans with Roasted Bell Peppers — Food Demo 10am-11am</p> <p>Strength & Conditioning 10:30am-11:30am</p> <p>*Simmered Beans with Roasted Bell Peppers — Food Demo 11:30am-12:30pm</p> <p>*Food Demo 30 max capacity</p> <p>Meditation 12pm-1pm</p> <p>Your Health and Wellness Benefits (Spanish) 1pm-2pm</p> <p>Zumba Gold 1:30pm-2:30pm</p> <p>*Arts & Crafts for Kids (Ages 4-11) 4pm-4:45pm</p> <p>*Refreshments Provided</p>	<p>9</p> <p>Line Dance 9am-10am</p> <p>Pregnancy Prevention Methods 9am-10am</p> <p>Mindful Living #1 (Spanish) 10:30am-11:30am</p> <p>Living Well in the Community #10 1pm-2pm</p> <p>Yoga for Seniors & People w/disabilities Canceled</p> <p>Chair Fitness Canceled</p> <p>Healthy Living My Best Self #2 4pm-5pm</p> <p>Zumba 5pm-6pm</p>	<p>10</p> <p>IEHP Renewal Specialist</p> <p>Knitting & Crochet Club (Self-Led) (Bilingual) 9am-10am</p> <p>Yoga Flow Canceled</p> <p>Understanding your Edison Bills & Collection Agency (Bilingual) 10am-11am</p> <p>Simmered Beans with Roasted Bell Peppers — Food Demo (Spanish) 11:30am-12:30pm</p> <p>Healthy Heart #1 1pm-2pm</p> <p>Breathe Well, Live Well #1 (Spanish) 2:30pm-3:30pm</p> <p>Cardio Dance 3pm-4pm</p> <p>Becoming a Mom #2 (Spanish) 4pm-5pm</p>	<p>11</p> <p>Chair Fitness Canceled</p> <p>Pamper My Baby (Ages 0-4) (Bilingual) *Registration required 10am-1pm</p> <p>Yin Yoga Canceled</p> <p>Line Dance 12pm-1pm</p> <p>*Arts & Crafts (Bilingual) 2pm-3pm</p> <p>*Refreshments Provided</p> <p>Zumba 2pm-3pm</p> <p>Body Sculpting 3:30pm-4:30pm</p> <p>24/7 Dads — Cohort 1, Session 2 4pm-6pm</p> <p>Zumba Kids (Ages 4-11) 5pm-5:45pm</p>	<p>12</p> <p>Understanding Diabetes #1 9am-10am</p> <p>Mindful Living #1 10:30am-11:30am</p> <p>Living Well in the Community #1 12pm-1pm</p> <p>Yoga for Seniors & People w/disabilities 2pm-3pm</p> <p>24/7 Dads — Cohort 1, Session 3 4pm-6pm</p> <p>Strength & Conditioning Canceled</p>	<p>13</p> <p>Strength & Conditioning 10am-11am</p> <p>Yoga for Kids (Ages 4-11) 11:30am-12:15pm</p> <p>Arts & Crafts for Kids (Ages 4-11) 12:15pm-1pm</p>
<p>15</p> <p>*Chicken Pozole — Food Demo 10am-11am</p> <p>Strength & Conditioning 10:30am-11:30am</p> <p>*Chicken Pozole — Food Demo 11:30am-12:30pm</p> <p>*Food Demo 30 max capacity</p> <p>Meditation 12pm-1pm</p> <p>Zumba Gold 1:30pm-2:30pm</p> <p>*Arts & Crafts for Kids (Ages 4-11) 4pm-4:45pm</p> <p>*Refreshments Provided</p>	<p>16</p> <p>*Arts & Crafts (Bilingual) 9am-10am</p> <p>*Refreshments Provided</p> <p>Line Dance 9am-10am</p> <p>Healthy Living My Best Self #2 (Spanish) 10:30am-11:30am</p> <p>Healthy Heart #1 (Spanish) 1pm-2pm</p> <p>Yoga for Seniors & People w/disabilities Canceled</p> <p>Chair Fitness 3:30pm-4:30pm</p> <p>Breathe Well, Live Well #1 4pm-5pm</p> <p>Zumba 5pm-6pm</p>	<p>17</p> <p>Yoga Flow 9am-10am</p> <p>Chicken Pozole — Food Demo (Spanish) 11:30am-12:30pm</p> <p>Becoming a Mom #3 1pm-2pm</p> <p>My Life, My Choice (Spanish) 2:30pm-3:30pm</p> <p>Cardio Dance 3pm-4pm</p> <p>Understanding Diabetes #1 (Spanish) 4pm-5pm</p>	<p>18</p> <p>CLOSED 9am-11am</p> <p>Chair Fitness Canceled</p> <p>Yin Yoga Canceled</p> <p>CPR 12pm-3pm</p> <p>Line Dance 12pm-1pm</p> <p>Zumba 2pm-3pm</p> <p>Body Sculpting 3:30pm-4:30pm</p> <p>24/7 Dads — Cohort 1, Session 4 4pm-6pm</p> <p>Zumba Kids (Ages 4-11) 5pm-5:45pm</p>	<p>19</p> <p>Mindful Living #2 (Spanish) 9am-10am</p> <p>Living Well in the Community #2 10:30am-11:30am</p> <p>Healthy Heart #2 12pm-1pm</p> <p>Yoga for Seniors & People w/ disabilities Canceled</p> <p>*Art and Crafts (Bilingual) 2pm-3pm</p> <p>*Refreshments Provided</p> <p>24/7 Dads — Cohort 1, Session 5 4pm-6pm</p> <p>Strength & Conditioning 5pm-6pm</p>	<p>20</p> <p>Healthy Living My Best Self #2 (Spanish) 9:30am-10:30am</p> <p>Zumba 10:30am-11:30am</p> <p>Bagel Fruit Pizza — Kids Food Demo (Ages 4-11) 11:15am-12pm</p> <p>Zumba for Kids (Ages 4-11) 12pm-12:45pm</p>
<p>22</p> <p>*Cucumber Spinach Sandwich — Food Demo 10am-11am</p> <p>Strength & Conditioning 10:30am-11:30am</p> <p>*Cucumber Spinach Sandwich — Food Demo 11:30am-12:30pm</p> <p>*Food Demo 30 max capacity</p> <p>Meditation 12pm-1pm</p> <p>Your Health and Wellness Benefits 1pm-2pm</p> <p>Zumba Gold 1:30pm-2:30pm</p> <p>*Self-care Activity (Bilingual) 3:30pm-4:30pm</p> <p>*Refreshments Provided</p>	<p>23</p> <p>Line Dance 9am-10am</p> <p>Pregnancy Prevention Methods (Spanish) 9am-10am</p> <p>Healthy Living My Best Self #3 10:30am-11:30am</p> <p>Breathe Well, Live Well #2 (Spanish) 1pm-2pm</p> <p>Yoga for Seniors & People w/disabilities Canceled</p> <p>Chair Fitness 3:30pm-4:30pm</p> <p>Becoming a Mom #3 (Spanish) 4pm-5pm</p> <p>Zumba 5pm-6pm</p>	<p>24</p> <p>IEHP Renewal Specialist</p> <p>Yoga Flow 9am-10am</p> <p>Cucumber Spinach Sandwich — Food Demo (Spanish) 11:30am-12:30pm</p> <p>Understanding Diabetes #2 1pm-2pm</p> <p>Mindful Living #2 2:30pm-3:30pm</p> <p>Cardio Dance 3pm-4pm</p> <p>Healthy Heart #2 (Spanish) 4pm-5pm</p>	<p>25</p> <p>Breast and Cervical Health (Bilingual) 9am-10am</p> <p>Chair Fitness 9am-10am</p> <p>Knitting & Crochet Club (Self-Led) (Bilingual) 10:30am-11:30am</p> <p>Yin Yoga 10:30am-11:30am</p> <p>CPR (Spanish) 12pm-3pm</p> <p>Line Dance 12pm-1pm</p> <p>Zumba Toning 2pm-3pm</p> <p>Body Sculpting 3:30pm-4:30pm</p> <p>24/7 Dads — Cohort 1, Makeup Session 4pm-6pm</p> <p>Zumba Kids (Ages 4-11) 5pm-5:45pm</p>	<p>26</p> <p>Healthy Living My Best Self #3 (Spanish) 9am-10am</p> <p>My Life, My Choice 10:30am-11:30am</p> <p>Healthy Heart #3 12pm-1pm</p> <p>*Arts & Crafts (Bilingual) 2pm-3pm</p> <p>*Refreshments Provided</p> <p>Yoga for Seniors & People w/disabilities Canceled</p> <p>24/7 Dads — Cohort 1, Session 6 4pm-6pm</p> <p>Strength & Conditioning 5pm-6pm</p>	<p>27</p> <p>Strength & Conditioning 10am-11am</p> <p>Yoga for Kids (Ages 4-11) 11:30am-12:15pm</p> <p>Spinach Grilled Cheese — Kids Food Demo (Ages 4-11) 12:15pm-1pm</p>
<p>29</p> <p>Community Resource Center CLOSED</p>	<p>30</p> <p>SCAN ME! Use your phone to scan the QR code to view our full schedule of FREE classes.</p>	<p>June Medi-Cal packets have been mailed out, not sure what to do? IEHP is here to help. Let us schedule an appointment with our Renewal Specialist every Wednesday</p>	<p>April is National Garden Month, and what better way to celebrate than through gardening? Look for  to join our free classes.</p>		

We heal and inspire the human spirit.

Classes are subject to change.
All classes are first come, first serve.

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

 Monday-Friday, 9am-6pm • Saturday, 8:30am-1pm

 1-866-228-4347 • TTY users should call 711

 www.iehp.org/crcClasses