

## Community Wellness Center - SAN BERNARDINO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1</p> <p><b>My Life My Choice</b> (Spanish) 10am-11am</p> <p><b>Line Dance</b> 11am-12pm</p> <p><b>Breathe Well Live Well #2</b> (Spanish) 11:30am-12:30pm</p> <p><b>Yoga for Seniors &amp; People w/Disabilities</b> 12:30pm-1:30pm</p> <p><b>Healthy Heart #3</b> 1:30pm-2:30pm</p> <p><b>Chair Fitness</b> 3:30pm-4:30pm</p> <p><b>Apple Slaw — Food Demo</b> (Bilingual) 4:30pm-5:30pm</p>	<p>2</p> <p><i>Medi-Cal Eligibility Worker</i></p> <p><b>Medicare 101</b> 10am-10:30am</p> <p>10:30am-11am (Spanish)</p> <p><b>Healthy Living: My Best Self #4</b> 11:30am-12:30pm</p> <p><b>Mindful Living #3</b> 1pm-2pm</p> <p><b>Meditation</b> 1pm-2pm</p> <p><b>Understanding Diabetes #3</b> 2:30pm-3:30pm</p>	<p>3</p> <p><i>IEHP Renewal Specialist</i></p> <p><b>Becoming a Mom #2</b> (Spanish) 10am-11am</p> <p><b>Breathe Well, Live Well #1</b> (Spanish) 11:30am-12:30pm</p> <p><b>Yoga for Seniors &amp; People w/Disabilities</b> <b>Cancelled</b></p> <p><b>Healthy Heart #3</b> (Spanish) 1:30pm-2:30pm</p> <p><b>Strength &amp; Conditioning</b> 2:30pm-3:30pm</p> <p><b>Yin Yoga</b> 4pm-5pm</p>	<p>4</p> <p><b>Arts &amp; Crafts for Adults</b> (Bilingual) 10am-11am</p> <p><b>Effective Communication</b> 1pm-2pm</p> <p><b>Line Dance</b> 2pm-3pm</p> <p><b>Chair Fitness</b> 5pm-6pm</p>	<p>5</p> <p><b>Yoga Flow</b> 9am-10am</p> <p><b>Knitting &amp; Crochet Club</b> (Self-Led) 10am-11am</p> <p><b>Strength and Conditioning</b> 10:30am-11:30am</p> <p><b>Game Hour for Adults</b> (Bilingual) 3pm-4pm</p>	<p>6</p> <p><b>Line Dance</b> 8:30am-9:30am</p> <p><b>Strength &amp; Conditioning</b> 10am-11am</p> <p><b>Yoga for Kids</b> (ages 4-11) 11:30am-12:15pm</p>
<p>8</p> <p><b>Zumba</b> 9am-10am</p> <p><b>Healthy Living: My Best Self #4</b> (Spanish) 10am-11am</p> <p><b>Body Sculpting</b> 10:30am-11:30am</p> <p><b>Living Well in the Community #5</b> 11:30am-12:30pm</p> <p><b>Line Dance</b> 12pm-1pm</p> <p><b>Yoga for Seniors &amp; People w/Disabilities</b> <b>Cancelled</b></p> <p><b>Mindful Living #3</b> (Spanish) 1:30pm-2:30pm</p> <p><b>Chair Fitness</b> 3:30pm-4:30pm</p>	<p>9</p> <p><i>Medi-Cal Eligibility Worker</i></p> <p><b>Understanding Diabetes #3</b> (Spanish) 11:30am-12:30pm</p> <p><b>Breathe Well, Live Well #1</b> 1pm-2pm</p> <p><b>Meditation</b> <b>Cancelled</b></p> <p><b>Healthy Heart #1</b> 2:30pm-3:30pm</p> <p><b>Arts &amp; Crafts for Adults</b> (Bilingual) 4pm-5pm</p>	<p>10</p> <p><i>IEHP Renewal Specialist</i></p> <p><b>Zumba Gold</b> 9am-10am</p> <p><b>Healthy Living: My Best Self #1</b> 10am-11am</p> <p><b>Mindful Living #1</b> 11:30am-12:30pm</p> <p><b>Yoga for Seniors &amp; People w/Disabilities</b> <b>Cancelled</b></p> <p><b>Understanding Diabetes #4</b> 1:30pm-2:30pm</p> <p><b>Strength &amp; Conditioning</b> <b>Cancelled</b></p> <p><b>Yin Yoga</b> <b>Cancelled</b></p>	<p>11</p> <p><b>Zumba</b> 9am-10am</p> <p><b>Cardio Dance</b> 10:30am-11:30am</p> <p><b>Simmered Beans with Roasted Bell Peppers — Food Demo</b> (Bilingual) 11:45am-12:45pm</p> <p><b>Childhood Lead Poisoning Prevention</b> (Bilingual) 1pm-2pm</p> <p><b>Line Dance</b> 2pm-3pm</p> <p><b>Chair Fitness</b> <b>Cancelled</b></p>	<p>12</p> <p><b>Yoga Flow</b> <b>Cancelled</b></p> <p><b>Knitting &amp; Crochet Club</b> (Self-Led) 10am-11am</p> <p><b>Strength and Conditioning</b> <b>Cancelled</b></p> <p><b>Your Health and Wellness Benefits</b> (Spanish) 1:30pm-2:30pm</p> <p><b>Game Hour for Adults</b> (Bilingual) 3pm-4pm</p>	<p>13</p> <p><b>Line Dance</b> 8:30am-9:30am</p> <p><b>Spinach Grilled Cheese — Food Demo for Kids</b> (ages 4-11) 10am-10:45am</p> <p><b>Zumba</b> 11am-12pm</p> <p><b>Zumba Kids</b> (ages 4-11) 12:15pm-1pm</p>
<p>15</p> <p><b>Zumba</b> 9am-10am</p> <p><b>My Life, My Choice</b> 10am-11am</p> <p><b>Body Sculpting</b> 10:30am-11:30am</p> <p><b>Breathe Well, Live Well #2</b> 11:30am-12:30pm</p> <p><b>Line Dance</b> 12pm-1pm</p> <p><b>Yoga for Seniors &amp; People w/Disabilities</b> <b>Cancelled</b></p> <p><b>Healthy Heart #1</b> (Spanish) 1:30pm-2:30pm</p> <p><b>Chair Fitness</b> 3:30pm-4:30pm</p>	<p>16</p> <p><i>Medi-Cal Eligibility Worker</i></p> <p><b>Know Your Rights as a Documented or Undocumented Person</b> (Bilingual) 10am-11am</p> <p><b>Healthy Living: My Best Self #1</b> (Spanish) 11:30am-12:30pm</p> <p><b>Living Well in the Community #6</b> 1pm-2pm</p> <p><b>Meditation</b> 1pm-2pm</p> <p><b>Mindful Living #1</b> (Spanish) 2:30pm-3:30pm</p>	<p>17</p> <p><b>CLOSED</b> 9am-11:30am</p>	<p>18</p> <p><b>CLOSED</b> 9am-11am</p>	<p>19</p> <p><b>Yoga</b> 9am-10am</p> <p><b>Knitting &amp; Crochet Club</b> (Self-Led) 10am-11am</p> <p><b>Strength and Conditioning</b> 10:30am-11:30am</p> <p><b>Understanding Your Edison Bill &amp; Collection Agency</b> (Bilingual) 12pm-1pm</p> <p><b>Game Hour for Adults</b> (Bilingual) 3pm-4pm</p>	<p>20</p> <p><b>Line Dance</b> 8:30am-9:30am</p> <p><b>Strength &amp; Conditioning</b> 10am-11am</p> <p><b>Yoga for Kids</b> (ages 4-11) 11:30am-12:15pm</p>
<p>22</p> <p><b>Zumba</b> 9am-10am</p> <p><b>Healthy Heart #2</b> 10am-11am</p> <p><b>Body Sculpting</b> 10:30am-11:30am</p> <p><b>Healthy Living: My Best Self #2</b> 11:30am-12:30pm</p> <p><b>Line Dance</b> 12pm-1pm</p> <p><b>Yoga for Seniors &amp; People w/Disabilities</b> <b>Cancelled</b></p> <p><b>Mindful Living #2</b> 1:30pm-2:30pm</p> <p><b>Chair Fitness</b> 3:30pm-4:30pm</p>	<p>23</p> <p><i>Medi-Cal Eligibility Worker</i></p> <p><b>Arts &amp; Crafts for Adults</b> (Bilingual) 10am-11am</p> <p><b>Understanding Diabetes #5</b> 11:30am-12:30pm</p> <p><b>Becoming a Mom #3</b> (Spanish) 1pm-2pm</p> <p><b>Meditation</b> 1pm-2pm</p> <p><b>Healthy Heart #2</b> (Spanish) 2:30pm-3:30pm</p>	<p>24</p> <p><i>IEHP Renewal Specialist</i></p> <p><b>Zumba Gold</b> 9am-10am</p> <p><b>Living Well in the Community #7</b> 10am-11am</p> <p><b>Healthy Living: My Best Self #2</b> (Spanish) 11:30am-12:30pm</p> <p><b>Yoga for Seniors &amp; People w/Disabilities</b> <b>Cancelled</b></p> <p><b>Mindful Living #2</b> (Spanish) 1:30pm-2:30pm</p> <p><b>Strength &amp; Conditioning</b> 2:30pm-3:30pm</p> <p><b>Yin Yoga</b> 4pm-5pm</p>	<p>25</p> <p><b>Zumba</b> 9am-10am</p> <p><b>Cardio Dance</b> 10:30am-11:30am</p> <p><b>Cucumber Spinach Sandwiches — Food Demo</b> (Bilingual) 11:45am-12:45pm</p> <p><b>CPR</b> 2pm-5pm</p> <p><b>Line Dance</b> 2pm-3pm</p> <p><b>Chair Fitness</b> 5pm-6pm</p>	<p>26</p> <p><b>Yoga</b> 9am-10am</p> <p><b>Knitting &amp; Crochet Club</b> (Self-Led) 10am-11am</p> <p><b>Strength and Conditioning</b> 10:30am-11:30am</p> <p><b>Your Health and Wellness Benefits</b> 12pm-1pm</p> <p><b>CPR</b> (Spanish) 2pm-5pm</p>	<p>27</p> <p><b>Line Dance</b> 8:30am-9:30am</p> <p><b>Bootcamp for New Dads</b> (Bilingual) 10am-1pm</p> <p><b>Zumba</b> 11am-12pm</p> <p><b>Zumba for Kids</b> (ages 4-11) 12:15pm-1pm</p>
<p>29</p> <p> <b>Community Resource Center CLOSED</b></p>	<p>30</p> <p> <b>Community Resource Center CLOSED</b></p>	<p>April is <b>National Garden Month</b>, and what a better way to celebrate than through gardening?</p> <p>Look for  to join our <b>FREE</b> classes.</p>		<p><b>June Medi-Cal</b> packets have been mailed out, not sure what to do? IEHP is here to help. Let us schedule an appointment with our <b>Renewal Specialist</b> every <b>Wednesday</b></p>	<p> <b>SCAN ME!</b> Use your phone to scan the QR code to view our full schedule of <b>FREE</b> classes.</p>

*We heal and inspire the human spirit.*

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

- 805 West 2nd Street, Suite C, San Bernardino, CA 92410 (at the Marshalls Plaza)
- Monday-Friday, 9am-6pm • Saturday, 8:30am-1pm
- 1-866-228-4347 • TTY users should call 711
- [www.iehp.org/crcClasses](http://www.iehp.org/crcClasses)