

# HealthEd

HEALTH AND WELLNESS CLASSES FOR ALL AGES

## NEW YEAR, NEW YOU!

page 4



### PARAM YOGA

page 12

### MOMMY & ME FITNESS

page 19



**Vea!**

En este ejemplar nuestro calendario de clases  
**TOTALMENTE en Español**

# Editor's Letter



**I**t's another new year – rich in possibilities and promise! Our theme for this issue of *HealthEd* is, “New Year, New You!” That’s because the start of a new year is a great time for trying fresh and different ways to improve your health and well-being: A class, exercise routine, healthy eating plan, and so much more. Everyone in your family can benefit from these small changes – tiny shifts in habits that add up to a lot. You’ll read more in our feature article, but here are some great tips for you and your family:

- Move more! Get about 30 minutes of physical activity each day.
- Limit TV, computer, and video game time to one or two hours per day.
- Make time with your family more active by doing things like shooting hoops, rollerblading, or walking to the park.
- Start the day with a healthy breakfast. It refuels your body and gives you energy for the day.
- Drink plenty of fluids. Choose water, low-fat or nonfat milk and low-calorie or diet beverages.

We offer many classes and programs that will help you start your new year with a renewed sense of purpose and energy. To sign up, refer to the information on the back page. It’s easy to do and we can’t wait to see you. Here’s to a successful 2017!

In Good Health,



*Hana Eicher*  
Hana Eicher  
VP, Patient Outreach & Engagement

## January 2017

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

### Martin Luther King Day

Held on January 16, we celebrate the life and achievements of Martin Luther King Jr., an influential American civil rights leader and freedom fighter for racial equality in the United States.

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# INSIDE

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*Health education and wellness activities that will rejuvenate your life*

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**READ THROUGH THE PAGES**  
of this newsletter to learn  
about what health and wellness  
programs are available to you!

# NEW YEAR, NEW YOU!

*Welcome, 2017!*

The new year is a great time for you and your family to make small changes in your habits and lifestyle – creating a world of difference in your health and well-being. If you have children or aging parents, it can sometimes be hard to juggle work, family, and other obligations while also taking good care of yourself. As a parent, setting a good example is a good start. If you're an older adult, it's more important than ever to stay active, fit, and social. While caring for yourself physically is essential, it's just as vital to tend to your emotional health. Be healthy and happy.

On the following pages are helpful guidelines that everyone can follow →



### **Making a Change!**

With the new year comes the tradition of making a resolution to improve yourself in some meaningful way. Follow these guidelines and become a healthier and happier you!



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### MAKE HEALTHY FOOD CHOICES

- Eat a variety of fruits, vegetables, legumes (dry beans and peas) and whole grains daily, which may reduce the risk of several chronic diseases.
- Eat a balanced diet to help keep a healthy weight. Choosing mostly nutrient-dense foods – ones that have a lot of nutrients but relatively few calories – can give you the nutrients you need while keeping down your calorie intake.
- Drink at least eight cups of water each day. It's important for your body to have plenty of fluids. Water helps you digest and absorb nutrients from food.
- Limit high caffeine drinks like coffee, tea, and soda. Drinking caffeinated drinks late in the day can keep you from getting a good night's sleep.
- Choose foods that are broiled, baked, steamed, or grilled. With these cooking methods, little or no fat is added.





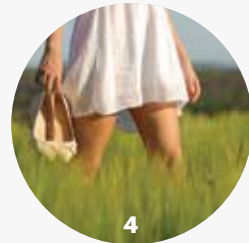
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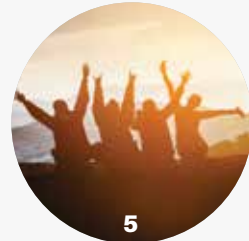
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### Top 5 Tips

Our helpful guidelines include:  
1) eating healthy, 2) being active,  
3) sleeping well, 4) reducing  
stress and, 5) staying engaged.

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## BE ACTIVE

- Fit in regular physical activity. Regular physical activity can produce long-term health benefits. People of all ages, shapes, sizes, and abilities can benefit from being physically active. The more physical activity you do, the greater the health benefits.
- Choose aerobic activity for the win! Try to exercise 30 minutes a day, five times a week – you will also experience benefits even if you divide your time into two or three segments of 10 to 15 minutes per day. Great activities include basketball, swimming, tennis, or jogging.
- Show some muscle. At least two days a week, do muscle-strengthening activities that involve all the major muscle groups. Examples include lifting weights, working with resistance bands, doing calisthenics using body weight for resistance (push-ups, pull-ups, and sit-ups), climbing stairs, carrying heavy loads, and heavy gardening.
- Encourage your kids to exercise. Kids who are active will have stronger muscles and bones, less likely to become overweight, decrease their risk of developing type 2 diabetes, and lower blood pressure and cholesterol levels. Try our fun family workout activity! You can find details on page 12.

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Sources:

[health.usnews.com/health-news/blogs/eat-run/2014/08/22/9-habits-for-a-healthier-happier-life](https://www.health.usnews.com/health-news/blogs/eat-run/2014/08/22/9-habits-for-a-healthier-happier-life)

[health.com/health/gallery/0,20406655,00.html#take-classes-together-1](https://www.health.com/health/gallery/0,20406655,00.html#take-classes-together-1)

[cdc.gov/features/healthynewyear](https://www.cdc.gov/features/healthynewyear)

## GET ENOUGH SLEEP

- Follow a regular schedule. Go to sleep and wake up at the same time, even on weekends.
- Be regular with your exercise. Exercise at the same times each day. This may improve the quality of your nighttime sleep and help you sleep more soundly.
- Be careful about what you eat. Try not to drink beverages with caffeine late in the day. Also, if you like a snack before bed, a warm beverage and a few crackers may help.
- Develop a bedtime routine for everyone in your family. Do the same things each night to tell your body that it's time to wind down. Some people watch TV, read a book, or soak in a warm bath. Experiment and find what works best for all of you!



More  
Zzzz's  
please!







## Keeping Yourself Healthy: Screenings & Immunizations

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In addition to your yearly check-up, it's very important to have health screenings. The main goal of health screenings is to find diseases or medical conditions early when they may be easier to treat. Common screenings for adults include:

- **Blood pressure**
- **Cholesterol**
- **Colorectal cancer** (colonoscopy)
- **Depression**
- **Mammograms** (women 40 years and older)
- **Pap smears (for women)**
- **Prostate screenings** (for men aged 50+)
- **Skin exams**
- **Type 2 diabetes**
- **Vitamin D test**

Also, receiving vaccines are key to good health. The Centers for Disease Control recommends getting a seasonal flu vaccine each year; if you are over the age of 65 or at risk for pneumonia, you should get the pneumonia vaccine. Ask your doctor about the ones that are recommended for you and your family.

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### **Important Note:**

Children should receive regular check-ups and childhood immunizations as directed by their pediatricians.

### **REDUCE STRESS**

- Sit quietly. If you can, take 15 to 20 minutes every day to sit quietly and reflect.
- Practice relaxation techniques. Learn and practice relaxation techniques like yoga or deep breathing. We offer a fitness and yoga class that you may want to try – read more about it on page 12.
- Exercise regularly with your family. Exercise in almost any form can act as a stress reliever by boosting your “feel good” endorphins and distracting you from daily worries. Your body can fight stress better when it is fit.
- Manage your time. Give yourself time to get things done; set your watch so you have more time to prepare and handle tasks effectively.

### **STAY ENGAGED**

- Keep up your relationships with others. Make an effort to maintain close ties with family members, friends, neighbors, and other important people in your life (even if they are not close by).
- Learn something new. There are many adult continuing education opportunities available in your community. Many are free of charge and will reward you with new friends and community contacts as well as new knowledge. Check out your local community colleges or continuing education schools to find one that works for you.
- Volunteer in your community. You will likely feel a sense of purpose by giving your time and care to others in need. If there is an organization you are passionate about, try going online or contacting them via phone to see how you can help.

# CLASSES

*Health and wellness classes are open to all Regal Medical Group, Lakeside Community Healthcare, ADOC Medical Group members, and one adult guest*



## *Bingo*

Let's enjoy an afternoon of fun and excitement as we play bingo! Prizes will be provided to the lucky winners!

Offered in **San Bernardino**



## HEALTH CHATS (CHARLAS)

Located at seven Northgate Gonzalez Markets each month, please join us for a series of talks about important health topics. Enjoy a healthy cooking demonstration by Celebrity Chef Pablo and sample the nutritious and delicious foods he has prepared.

Offered in **Anaheim, Fallbrook, Long Beach, Los Angeles, Norwalk, Santa Ana, West Covina**

## *Our Lady Queen of Angels Church Health Fair*

Join us for a free health fair at Our Lady Queen of Angels Church, one of the oldest buildings in Los Angeles. Located adjacent to Olvera Street, the fair will offer free health screenings, information, and fun activities for the whole family.

Offered in **Los Angeles**



Food  
for the  
soul

## *The Bob & Saul Show*

Please join us for a fun-filled informational music session by commentator Saul Jacobs and pianist Bob Lipson from their series, “*The Golden Age of American Popular Music*.” Saul and Bob will present “*Broadway’s Second Golden Age*,” featuring songs, stories, and sing-alongs from iconic musicals including, “*Hello Dolly!*” “*Cabaret*,” “*Fiddler on the Roof*,” “*Phantom of the Opera*,” and “*West Side Story*.”

Offered in **Burbank**

## WELLNESS FEST 2017:

### Visit the Island of Health & Wellness

Learn about your health and have fun doing it! Come visit our booth from 9:00am to 1:00pm. Enjoy fun and interactive activities, free health screenings, and so much more. Goebel Adult Center will be providing lunch to the first 100 people who arrive. Raffles and many other prizes will also be available.

Offered in **Thousand Oaks**

### Fun Exercise Programs



### Arthritis Foundation: Walk N’ Talk

The Arthritis Foundation’s six-week Walk n’ Talk program can teach you how to safely make physical activity part of your daily life. The program has proven to reduce the pain and discomfort of arthritis, increase balance, strength and walking pace, build confidence, and improve your overall health.

Offered in **Reseda**

### *Be Fit While You Sit*

This popular class will show you how to improve your stretching, balance, and breathing while being seated. It is an excellent class if you are using a wheelchair or walker.

Offered in **Burbank, Reseda**

## BEGINNING TAP/JAZZ

This low impact dance class focuses on learning choreographed routines that have “modified” tap and jazz dance steps that are easier on the knees and body.

Offered in **Reseda**



### Bollywood Dance

This class features easy-to-follow cardio and strength-building fitness routines perfectly choreographed to the latest high energy, fun, Bollywood-inspired music. Be a Bollywood star as you’re working out your entire body. Taught by experienced dance instructors with healthcare backgrounds, all levels are welcome. No previous experience necessary!

Offered in **Burbank, Chatsworth, Reseda, Santa Clarita**

### *Disco Dancing*

Are you ready to disco your way to better health? Join Lilly and Harry for a fun-filled hour of dancing to the 60s and 70s classics. Before you know it, you will be getting more fit and your energy levels will be soaring!

Offered in **West Covina**

### **Exercise Through Dance**

Good for your body and brain, you will learn a new dance each month in this class. Dance pace varies, which is a great way to incorporate exercise that improves your balance and is good for your heart.

Offered in **Reseda**

## FITNESS AND YOGA

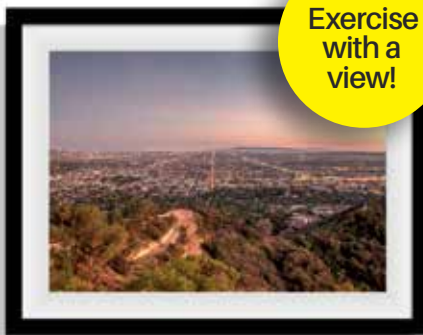
Class includes stretching, low-impact aerobic exercise, and light weight lifting. All exercises are done at your own fitness level. Yoga supports stress relief, pain relief, better breathing, flexibility, increased strength, weight management, increased circulation, cardiovascular conditioning, better body alignment, and helps you focus on the present.

Offered in **Simi Valley**

### **Family Fun Workout**

Designed for family members ages 9 - 90, this class incorporates resistance training, stretching, tai chi, yoga, and circuit training. The session will help build strength, decrease body fat, and improve your balance and flexibility. Most of all, it will be fun and a fantastic way to enjoy an hour of family time.

Offered in **West Covina**



### *Griffith Park Hike*

Enjoy the amazing outdoors during a 90 - 120 minute hike through beautiful Griffith Park. The trails are quite hilly and no shade is available, so please wear comfortable attire and walking shoes, a hat, and sunscreen as appropriate. Use your own discretion or talk to your doctor to determine if this is the right type of physical activity for you. Drinks and snacks provided. **Meet at the entrance to the Greek Theater.**

Offered in **Los Angeles**

### *International Folk Dancing*

Learn a new cultural dance each month – an excellent exercise routine that's great for your mind, body, and spirit.

Offered in **Reseda**

## PARAM YOGA

This class combines breathing techniques, physical postures, and relaxation that promote wellness in all areas. Taught by *Marydale*, founder and director of Param Yoga Healing Arts Center, each student is seen as an individual. The program is tailored to your specific needs.

Offered in **Chatsworth**



Meet Marydale →





## Polynesian Dance

Dances of the South Pacific have meaning beyond words and considered a celebration of life. Our Polynesian dance class will get you moving as you explore the beautiful Polynesian culture. Classes are fun and provide an excellent workout. This class is appropriate for all levels of fitness. Bring your hula skirt!

Offered in **Riverside**

## Raising a Little Health

Raising a Little Health is taking the walking club to new heights. Join us for weekly hikes, track your progress, and get rewards along the way. Also, different health topics will be discussed at each hike. Wear comfortable shoes that have a good grip and sunblock, hats, and/or sunglasses to protect you from the sun.

Offered in **Hacienda Heights**

## Rhythm and Moves

Similar to Zumba Gold, this class will have you moving to the beat with dance steps designed to increase muscular strength and range of motion. You'll have fun while adding a little bit of cardio to your daily living.

Offered in **Chatsworth**

## Strength & Balance Training

This class focuses on strengthening and toning the entire body and starts with a 5 - 10 minute introduction about the benefits of exercising. An exercise warm up occurs, followed by resistance training activities using resistant bands, balls, and body weight. Balance activities and a cool down stretch follow. It ends with a 5 - 10 minute period of questions and answers.

Offered in **Burbank, Glendale, West Covina**

## Tai Chi

Tai Chi has developed a worldwide following for its benefits to health and health maintenance. Medical studies support its effectiveness as an alternative exercise and a form of martial arts therapy. Please note that this class requires you to be in a standing position.

Offered in **Arcadia, Glendale, West Covina**

## WATER AEROBICS

This class focuses on improving circulation, flexibility, range of motion, muscle strength, and endurance. Please bring your swimsuit, water shoes, towels, etc., along with additional clothing to change into after class. All participants are required to sign a waiver prior to the start of class.

Offered in **Anaheim**



## Yoga

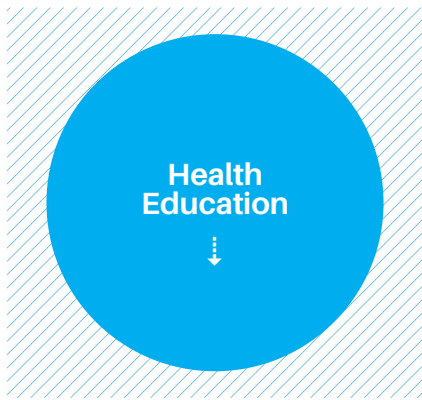
Join us at the San Fernando Recreation Center for weekly yoga classes. All levels are welcome; beginners are especially encouraged to join us to experience the health and wellness benefits of this form of exercise.

Offered in **San Fernando**

## Zumba Gold

Have fun and move to the music through a variety of dance steps designed to increase your muscular strength and range of movement. Remember to wear comfortable clothes and shoes with sturdy support.

Offered in **Burbank, Tarzana, West Covina**



## ASK THE PHARMACIST

Join us for an important presentation by a local pharmacist to learn about safely managing your medications. Bring a list of your medications including prescriptions, supplements, and over-the-counter products so the pharmacist can review and discuss any potential issues.

Offered in **La Puente**

## Diabetes Empowerment Education Program (DEEP™)

The Diabetes Empowerment Education Program (DEEP™) is a Medicare-approved, evidence-based diabetes education program for people with prediabetes or diabetes. Participants will gain knowledge

Receive a \$100 gift card\*

and skills necessary to help manage the disease and reduce complications that may result. Topics presented include understanding the human body, diabetes risk factors and complications, nutrition education and meal planning, weight-loss strategies, medications, physical activity, and working with your health team. The classes are educational, fun, and highly interactive; they are offered in a supportive environment by a trained DEEP™ health educator.

\*You will receive a \$100 gift card upon completion of all six classes. You must register for all six sessions. Space is limited; please call 844.418.8304 to reserve your spot. If you have specific questions about the program, please send an e-mail to [healthyway@regalmed.com](mailto:healthyway@regalmed.com) or call the Health Education department at 1.888.227.3463.

*\*Must be a member of Regal, Lakeside, and ADOC, on Medicare, or 65+ to receive the \$100 gift card. Non-members who are on Medicare and 65+ are eligible to receive a \$40 gift card; others are encouraged to attend but are not eligible to receive a gift card.*

See details starting on page 20

## Blood Pressure Checks

You may not know you have high blood pressure because there aren't any symptoms. So, it's important to get your blood pressure checked regularly.

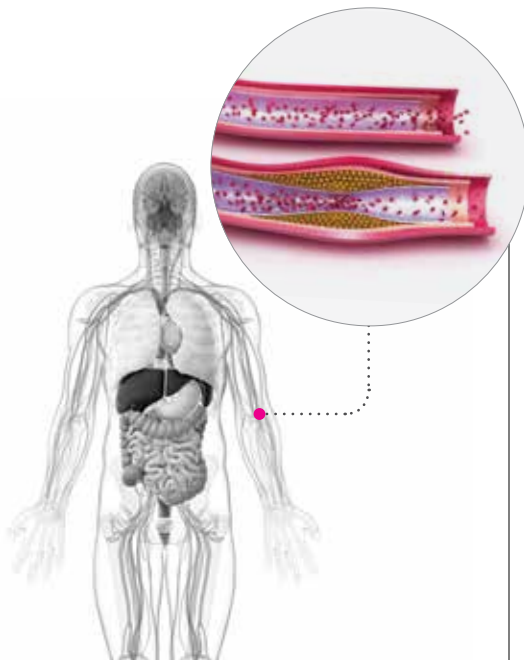
Offered in **Northridge**

## BREATHE BETTER: LIVING WITH COPD

Come join our class to learn how to better manage your COPD (Chronic Obstructive Pulmonary Disorder), prevent and respond to flare ups, and apply practical tips to help you breathe better. This class will also include information about maintaining a healthy diet, medication management, and questions to ask your doctor.

Offered in **West Covina**





## Cholesterol Management

High cholesterol is a serious health problem that can be controlled with diet, exercise, and medication when needed. Learn how high cholesterol affects your health and how to manage it effectively.

Offered in **Burbank**

## Chronic Disease Management Support Group (Presented in Vietnamese)

This monthly support group meeting is an open discussion forum for everyone living with or taking care of someone with any type of chronic disease. We will discuss complications, exercise, nutrition, managing medications, and stress.

Offered in **Garden Grove**

## Health Coaching

Health coaching is a personalized 30-minute consultation to help you make practical decisions about your health, fitness, and/or safety. The coach's role is to help you reach your health and wellness goals.

Offered in **West Covina**

## Healthy Heart

What are daily values? Is this a high-sodium or low-sodium food? What foods will help manage my cholesterol levels? All these questions and more are answered in lessons for optimal health to control heart disease and maintain a healthy heart.

Offered in **Glendale**

## High Blood Pressure and Your Health

High blood pressure, also known as hypertension, is a major risk factor leading to heart disease and strokes. In this four-part series, learn the causes of the condition and important lifestyle changes you can make to lower your blood pressure and keep it down. Healthy eating information will be presented, including what high-sodium foods to avoid and which ones are better low-sodium choices.

Offered in **Corona, Glendale, San Bernardino**

## SMOKING CESSATION SUPPORT GROUP

This is a monthly support group for anyone thinking about or in process of quitting smoking. Participants can share their challenges and successes. They will connect with others who are also on their journey toward becoming smoke-free, and receive helpful information and tools.

Offered in **West Covina**



## Weight Management

Tired of trying one diet after another in an effort to shed those extra pounds? Learn how to lose weight and keep it off for good by incorporating a healthy diet and physical activity into your daily life.

Offered in **Burbank, Glendale**



## HEALTH BENEFITS OF TEA

Tea has been lauded for its array of potential health benefits, from reducing heart disease risk to improving dental health and boosting weight loss. Join us for a presentation about tea as an addition to a healthful diet; sample different types of tea from around the world.

Offered in **Burbank**

## Healthy Cooking: Foods to Fight Iron Deficiency

Iron deficiency is the most common nutritional deficiency and the leading cause of anemia in the United States. The presentation will focus on eating a balanced, healthy diet that includes good sources of iron to prevent any deficiencies. Recipes and samples of iron-rich foods will be provided.

Offered in **Burbank**

## Healthy Cooking: Good Foods for Your Circulatory System

Learn what foods to eat for a healthy circulatory system, which is responsible for delivering oxygen and nutrients to cells and also helps eliminate certain cellular waste products.

Offered in **Reseda**

## Healthy Cooking: *Healthy Snack Options*

Snacks are an important component of a healthy diet. The right ones can provide needed nutrients and energy, prevent overeating at meal times, and assist in managing your healthy weight. The class will introduce you to easy-to-prepare, affordable snacks that are nutritious and tasty.

Offered in **West Covina**

## Healthy Eating: In Celebration of National Nutrition Month

March is National Nutrition Month, so join us for a presentation about the importance of making

informed food choices and developing sound, practical, and affordable eating habits.

Offered in **Burbank, Mission Hills**

## Healthy Cooking: HEART HEALTHY EATING

Eating a heart-healthy diet has many benefits, including lowering cholesterol and blood sugar levels, as well as helping to maintain a healthy weight. Guess what? Eating this way can taste good! Learn how you can enjoy your food and keep your heart healthy at the same time.

Offered in **Mission Hills, Reseda, West Covina**







## Healthy Cooking: *Love Your Heart with Lentils*

According to the Centers for Disease Control, heart disease is the leading cause of death in America for people of most ethnicities in the United States, including African Americans, Hispanics, and whites. But the good news is many of these deaths and risk factors are preventable. While age, gender and family history can't be controlled, you can help prevent and control high cholesterol, high blood pressure, and excess weight with lifestyle changes. Healthy recipes will include lentils and legumes.

Offered in **Burbank**

## Healthy Cooking: **New Year, New You**

A registered dietitian will demonstrate the preparation of a variety of healthy recipes to bring new, vibrant, and affordable food ideas to your table. Join us for a morning of fun, practical information and food tastings.

Offered in **Mission Hills**

# NUTRITION FOR A HEALTHIER YOU

This weekly series of classes will focus on basic nutrition, vitamins, and minerals. We will discuss carbohydrates, fats, and proteins, and how to consistently eat balanced meals. Each class will have an open discussion forum for participants to talk about their daily eating habits and food choices. You are encouraged to bring your lunch; keep a food diary and bring it to class.

Offered in **Glendale**

## *Nutrition for Hypertension and Cholesterol*

Diet and exercise play an important role in managing blood pressure and cholesterol. Should you be on a low cholesterol diet? Sodium restricted diet? Learn which foods to avoid or increase for disease management. Our health educator will teach you how to properly select healthy foods that will help manage your condition.

Offered in **Burbank, Glendale**

Eat right!

## **Nutrition for Weight Loss**

Tired of trying diet after diet in an effort to shed those extra pounds? Learn how to lose weight by eating well and keep it off – for good!

Offered in **Simi Valley,  
Thousand Oaks, West Hills**

## Healthy Cooking: **Quick Healthy Breakfasts**

Join us for an informative and tasty class to learn and try simple, fast and affordable breakfast options!

Offered in **West Covina**

## **Supermarket Savvy**

Join us for a local market group tour and learn how to read food labels and make healthy and affordable food choices.

Offered in **Thousand Oaks**

## Healthy Cooking: **What is Clean Eating?**

You've probably heard of clean eating, but you may not know exactly what it is or how to go about cleaning up your diet. Eating clean is about choosing foods from all the different food groups and avoiding processed ones. This may seem difficult in our hurried world, but is easier than you may think. Join us to learn about clean eating and sample many delicious foods.

Offered in **Reseda**

Pregnancy and Postnatal Care



# BUMP TO BABY

Receive a \$100 gift card\*

Upon completion, certificates will be handed out and a \$100 gift card will be given to those who have finished all four classes and are Regal, Lakeside or ADOC members.

Offered in **Burbank, Garden Grove, Glendale, West Covina, West Hills**



## Class 1: You & Your Pregnancy

You're pregnant!

It's an exciting time. During this first session, you will be part of a supportive group and learn all of the pregnancy basics, like the stages of pregnancy, nutrition, and how to cope with stress. You'll come away with a new knowledge about pregnancy and what is happening to your body.



## Class 2: Baby Basics

Diapering, swaddling, bathing. So many basics to learn – and we make it fun! During this session, you'll be guided through all of the steps that will help keep your baby happy and content.



## Class 3: Postnatal Care

Your needs

and feelings are important – especially after childbirth. During this session, you'll understand what is happening to your body after giving birth and will learn how to take care of yourself.

## Class 4: Celebrating You!

It's time to celebrate everything about you! A certificate for completion and a \$100 gift card\* will be given to those who have participated in the program.



New class!



## Lamaze Childbirth

Knowing what to expect during labor and delivery will help you have a wonderful birth experience. Learn breathing and relaxation techniques for both mom and coach. Also, learn medical terminology and the process of labor and birth to better understand this exciting event. The class is taught by an experienced childbirth educator who is also a doula. Register approximately two to three months before your due date.

Offered in **Thousand Oaks**



New class!



# MOMMY & ME FITNESS

Calling all mommies and their babies (4 through 15 months)! Mommy and Me Fitness is a great way to be active while bonding with your new baby and meeting other local moms. Each week, a different topic will be presented for group discussion and sharing in a supportive environment. Please wear comfortable shoes that have a good grip and don't forget to bring a baby wrap or kangaroo carrier.



Baby wraps



Kangaroo carriers

Offered in **West Covina**



# UNDERSTANDING BREASTFEEDING

Breastfeeding is a wonderful gift that only you can give your baby. Learn proper techniques such as latching on, establishing a good milk supply, knowing if your baby is getting enough, and proper breast care. Partners are welcome and encouraged to attend!

Offered in **Burbank, West Covina**

## Resources for You

Below are a list of state programs, resources and agencies that offer help for building healthy families.

**California Children's Services**  
[dhcs.ca.gov](http://dhcs.ca.gov)

**Comprehensive Perinatal Services Program**  
[cdph.ca.gov/programs/CPSP](http://cdph.ca.gov/programs/CPSP)

**Family Support Network**  
[familysupportnetworkca.org](http://familysupportnetworkca.org)

**Women, Infants and Children Program**  
[cdph.ca.gov/programs/wicworks](http://cdph.ca.gov/programs/wicworks)

**Latino Health Access Children and Youth Initiative**  
[latinohealthaccess.org](http://latinohealthaccess.org)

**Early and Periodic Screening, Diagnosis & Treatment**  
[dhcs.ca.gov](http://dhcs.ca.gov)

**March of Dimes**  
[marchofdimes.org](http://marchofdimes.org)

# DETAILS

*A full and complete listing of classes and events by location and date*

## Anaheim

Tuesdays and Thursdays  
11:00am-12:00pm

### Water Aerobics

Walnut Village Aquatic Center  
1401 W. Ball Rd.  
Anaheim 92802

*Street parking available on Tuesday only; otherwise, there is church parking on Walnut Street.*

Jan. 26, Feb. 23, Mar. 23

Thursdays, 1:00pm-2:00pm

### Health Chats (Charlas)

Northgate Gonzalez Market  
2030 E. Lincoln Ave.  
Anaheim 92806

## Arcadia

Jan. 4, 18, 25, Feb. 8, 15, 22,  
Mar. 1, 8, 15, 22, 29

Wednesdays, 8:30am-9:30am

### Tai Chi

Regal Medical Group  
117 East Live Oak Ave.  
Arcadia 91006

Feb. 14, 21, 28, Mar. 7, 14, 21

Tuesdays, 12:00pm-2:00pm

### Diabetes Empowerment Education Program (DEEP™) (Presented in Mandarin)

Regal Medical Group  
117 East Live Oak Ave.  
Arcadia 91006

## Buena Park

Feb. 8, 15, 22, Mar. 1, 8, 15

Wednesdays, 1:00pm-3:00pm

### Diabetes Empowerment Education Program (DEEP™)

Buena Park Senior Center  
8150 Knott Ave.  
Buena Park, 90620  
(Einstein Room)

## Burbank

Mondays, 1:00pm-2:00pm

### Bollywood Dance

Media City Dance Studio  
237 E. Palm Ave.  
Burbank 91502

Tuesdays, 11:00am-12:00pm

### Bollywood Dance

Media City Dance Studio  
237 E. Palm Ave.  
Burbank 91502

Fridays, 9:00am-10:00am

### Zumba Gold

Exceleration Studios  
443 Irving Dr.  
Burbank 91504

Jan. 5, 19, 26, Feb. 9, 16, 23,  
Mar. 2, 9, 16, 30

Thursdays, 1:00pm-2:00pm

### Strength and Balance Training

Joslyn Adult Center  
1301 W. Olive Ave.  
Burbank 91506

Jan. 5, 19, 26, Feb. 9, 16, 23,  
Mar. 2, 9, 16, 30

Thursdays, 2:30pm-3:30pm

### Be Fit While You Sit

Joslyn Adult Center  
1301 W. Olive Ave.  
Burbank 91506

**Jan. 9, Mar. 20**

**Mondays, 6:30pm-7:15pm**

**Weight Management**

Burbank Community YMCA  
321 Magnolia Ave.,  
Burbank 91502  
(Ray Sence Room)

**Jan. 10, Feb. 7, Mar. 7**

**Tuesdays, 11:00am-11:45am**

**Weight Management**

Lakeside Community Healthcare  
191 S. Buena Vista St., Suite 250  
Burbank 91505  
*Free parking with validation.*

**Jan. 11, 18, 25, Feb. 1, 8, 15**

**Wednesdays, 9:30am-11:30am**

**Diabetes Empowerment  
Education Program (DEEP™)**

Lakeside Community Healthcare  
191 S. Buena Vista St., Suite 250  
Burbank 91505  
*Free parking with validation.*

**Jan. 13**

**Friday, 9:30am-10:30am**

**Health Benefits of Tea**

Joslyn Adult Center  
1301 W. Olive Ave.  
Burbank 91505  
(Auditorium)

**Jan. 13, Feb. 10, Mar. 10**

**Fridays, 3:00pm-4:00pm**

**Cholesterol Management**

Lakeside Community Healthcare  
191 S. Buena Vista St., Suite 250  
Burbank 91505  
*Free parking with validation.*

**Jan. 26, Feb. 23, Mar. 23**

**Thursdays, 11:00am-11:45am**

**Nutrition for Hypertension  
and Cholesterol**

Lakeside Community Healthcare  
191 S. Buena Vista St., Suite 250  
Burbank 91505  
*Free parking with validation.*

**Jan. 30**

**Monday, 1:00pm-2:30pm**

**The Bob and Saul Show**

Joslyn Adult Center  
1301 W. Olive Ave.  
Burbank 91506

**February 10**

**Friday, 9:30am-10:30am**

**Healthy Cooking:  
Love Your Heart with Lentils**

Joslyn Adult Center  
1301 W. Olive Ave.  
Burbank 91505 (Auditorium)

**Mar. 7**

**Tuesday, 5:00pm-7:00pm**

**Bump to Baby Class 1  
(You and Your Pregnancy)**

**Mar. 14**

**Tuesday, 5:00pm-7:00pm**

**Bump to Baby Class 2  
(Baby Basics)**

**Mar. 21**

**Tuesday, 5:00pm-7:00pm**

**Bump to Baby Class 3  
(Postnatal Care)**

**Mar. 28**

**Tuesday, 5:00pm-7:00pm**

**Bump to Baby Class 4  
(Celebrating You)**

Lakeside Community Healthcare  
191 Buena Vista Ave., Suite 400  
Burbank 91505  
*Free parking with validation.*

**Mar. 10**

**Friday, 9:30am-10:30am**

**Healthy Cooking:  
Foods to Fight Iron Deficiency**

Joslyn Adult Center  
1301 W. Olive Ave.  
Burbank 91505  
(Auditorium)

**Mar. 20**

**Monday, 6:00pm-8:00pm**

**Understanding Breastfeeding**

Lakeside Community Healthcare  
191 Buena Vista Ave., Suite 400  
Burbank 91505  
*Free parking with validation.*

**Mar. 24**

**Friday, 1:00pm-2:30pm**

**Healthy Eating: In Celebration  
of National Nutrition Month**

Burbank Public Library  
300 N. Buena Vista St.  
Burbank 91505  
(Community Room)

## Locations and Dates *(Continued)*

### Chatsworth

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Mondays, 11:30am-12:30pm  
Wednesdays, 11:30am-12:30pm  
Fridays, 11:30am-12:30pm  
Saturdays, 10:30am-11:30am

#### Param Yoga

21750 Devonshire St.  
Chatsworth 91311

Fridays, 11:00am-12:00pm

#### Bollywood Dance

California Dance Academy  
9741 Independence Ave.  
Chatsworth 91311

**Jan. 9, 23, 30, Feb. 13, 20, 27,  
Mar. 13, 20**

Mondays, 10:00am-11:00am

#### Rhythm and Moves

California Dance Academy  
9741 Independence Ave.  
Chatsworth 91311

**Jan. 13, 20, 27, Feb. 3, 10, 17, 24,  
Mar. 3, 10, 17, 31**

Fridays, 10:00am-11:00am

#### Rhythm and Moves

California Dance Academy  
9741 Independence Ave.  
Chatsworth 91311

### Corona

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**Feb. 22**

Wednesday, 12:30pm-2:00pm

#### High Blood Pressure & Your Health

Corona Senior Center  
921 S. Belle Ave.  
Corona 92882

### Fallbrook

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**Jan. 12, Feb. 9, Mar. 9**

Thursdays, 10:30am-11:30am

#### Health Chats (Charlas)

Northgate Gonzalez Market  
1346 S. Mission Rd.  
Fallbrook 92085

### Garden Grove

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**Jan. 6**

Friday, 10:00am-12:00pm

#### Bump to Baby Class 1 (You and Your Pregnancy) (Presented in Vietnamese)

**Jan. 13**

Friday, 10:00am-12:00pm

#### Bump to Baby Class 2 (Baby Basics) (Presented in Vietnamese)

**Jan. 20**

Friday, 10:00am-12:00pm

#### Bump to Baby Class 3 (Postnatal Care) (Presented in Vietnamese)

**Jan. 27**

Friday, 10:00am-12:00pm

#### Bump to Baby Class 4 (Celebrating You) (Presented in Vietnamese)

Hhan Hoa  
7861 Garden Grove Blvd.  
Garden Grove 92841

**Jan. 16, Feb. 20, Mar. 20**

Mondays, 2:30pm-4:30pm

#### Chronic Disease Management Support Group (Presented in Vietnamese)

Vietnamese Association  
14351 Euclid St., Suite 1R  
Garden Grove 92843

**Feb. 7, 14, 21, 28, Mar. 7, 14**

Tuesdays, 10:00am-12:00pm

#### Diabetes Empowerment Education Program (DEEP™) (Presented in Vietnamese)

Nhan Hoa Clinic  
7861 Garden Grove Blvd.  
Garden Grove 92841

### Glendale

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Wednesdays

9:30am-10:30am

#### Nutrition for a Healthier You

Lakeside Community Healthcare  
1500 S. Central Ave., Suite 200  
Glendale 91204 (Primary Care)  
*Free parking with validation.*

**Jan. 4, 18, 25, Feb. 8, 15, 22,  
Mar. 1, 8, 15, 22, 29**

Wednesdays, 12:00pm-1:00pm

#### Strength and Balance Training

Glendale Memorial Hospital  
Marcia Ray Breast Center Auditorium  
222 W. Eulalia St.  
Glendale 91204  
*Free parking with validation.*

**Jan. 4, 18, 25, Feb. 8, 15, 22,  
Mar. 1, 8, 15, 22, 29**

Wednesdays, 1:00pm-2:00pm

### **Tai Chi**

Glendale Memorial Hospital  
Marcia Ray Breast Center Auditorium  
222 W. Eulalia St.  
Glendale 91204

*Free parking with validation.*

**Jan. 16, Feb. 6, Mar. 6**  
Mondays, 10:00am-11:00am  
**Healthy Heart**

Lakeside Community Healthcare  
1500 S. Central Ave., Suite 200A  
Glendale 91204 (Specialty)

*Free parking with validation.*

**Jan. 17, 24, 31, Feb. 7, 14, 21**  
Tuesdays, 9:00am-11:00am

### **Diabetes Empowerment Education Program (DEEP™)**

Lakeside Community Healthcare  
1500 S. Central Ave., Suite 200A  
Glendale 91204 (Specialty)

*Free parking with validation.*

**Jan. 23, Feb. 13, Mar. 13**  
Mondays, 10:00am-11:00am  
**Weight Management**

Lakeside Community Healthcare  
1500 S. Central Ave., Suite 200  
Glendale 91204 (Primary Care)

*Free parking with validation.*

**Jan. 30, Feb. 27**  
Mondays, 10:00am-11:00am  
**Nutrition for Hypertension  
and Cholesterol**

Lakeside Community Healthcare  
1500 S. Central Ave., Suite 200A  
Glendale 91204 (Specialty)

*Free parking with validation.*

**Mar. 6**

Monday, 5:00pm-7:00pm

### **Bump to Baby Class 1 (You and Your Pregnancy)**

**Mar. 13**

Monday, 5:00pm-7:00pm

### **Bump to Baby Class 2 (Baby Basics)**

**Mar. 20**

Monday, 5:00pm-7:00pm

### **Bump to Baby Class 3 (Postnatal Care)**

**Mar. 27**

Monday, 5:00pm-7:00pm

### **Bump to Baby Class 4 (Celebrating You)**

Glendale Memorial Hospital  
Marcia Ray Breast Center Auditorium  
222 W. Eulalia St.  
Glendale 91204

*Free parking with validation.*

**Mar. 7, 14, 21, 28**

Tuesdays, 10:00am-11:00am

### **High Blood Pressure & Your Health**

Lakeside Community Healthcare  
1500 S. Central Ave., Suite 200A  
Glendale 91204 (Specialty)

*Free parking with validation.*

## **Hacienda Heights**

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Wednesdays, 9:30am-10:30am

### **Raising a Little Health**

Hacienda Hills Trailhead  
1662 Seventh Ave.  
Hacienda Heights 91745

*Meet at the trail entrance by the green  
gate; no hike Feb. 8 and Mar. 1.*

## **La Puente**

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**Jan. 4**

Wednesday, 9:00am-10:00am

### **Ask the Pharmacist**

La Puente Senior Center  
16001 Main St.  
La Puente 91744

*Free on-site parking.*

## **Long Beach**

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**Jan. 24, Feb. 28, Mar. 28**

Tuesdays, 10:30am-11:30am

### **Health Chats (Charlas)**

Northgate Gonzalez Market  
4700 Cherry Ave.  
Long Beach 90807

## **Los Angeles**

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**Jan. 3, Feb. 14, Mar. 7**

Tuesdays, 10:30am-11:30am

### **Health Chats (Charlas)**

Northgate Gonzalez Market  
944 E. Slauson Ave.  
Los Angeles 90011

**Jan. 20, Feb. 10, Mar. 17**

Fridays, 8:00am-10:00am

### **Griffith Park Hike**

2700 N. Vermont Ave.  
Los Angeles 90027

## Locations and Dates *(Continued)*

**Jan. 22, Feb. 26, Mar. 26**

Sundays, 9:00am-3:00pm

### **Our Lady Queen of Angels Church Health Fair**

Our Lady Queen of Angels Church  
535 N. Main St.  
Los Angeles 90012

*Parking is available for \$10 per day at  
several parking lots adjacent to the church.  
There is no street parking available.*

## Mission Hills

**Jan. 12, 19, 26, Feb. 2, 9, 16**

Thursdays, 5:30pm-7:30pm

### **Diabetes Empowerment Education Program (DEEP™)**

Lakeside Community Healthcare  
14901 Rinaldi St., Suite 201  
Mission Hills 91345

*Free parking with validation.*

**Jan. 16**

Monday, 10:00am-11:00am

### **Healthy Cooking: New Year, New You**

Lakeside Community Healthcare  
14901 Rinaldi St., Suite 201  
Mission Hills 91345

*Free parking with validation.*

**Feb. 13**

Monday, 10:00am-11:00am

### **Healthy Cooking: Heart Healthy Eating**

Lakeside Community Healthcare  
14901 Rinaldi St., Suite 201  
Mission Hills 91345

*Free parking with validation.*

**Mar. 13**

Monday, 10:00am-11:00am

### **Healthy Eating: In Celebration of National Nutrition Month**

Lakeside Community Healthcare  
14901 Rinaldi St., Suite 201  
Mission Hills 91345

*Free parking with validation.*

## Northridge

**Jan. 3, Feb. 7, Mar. 7**

Tuesdays, 9:00am-10:00am

### **Blood Pressure Checks**

Wilkinson Senior Center  
8956 Vanalden Ave.  
Northridge 91324

## Norwalk

**Jan. 19, Feb. 16, Mar. 16**

Thursdays, 10:30am-11:30am

### **Health Chats (Charlas)**

Northgate Gonzalez Market  
11660 E. Firestone Blvd.  
Norwalk 90650

## Reseda

**Mondays, Wednesdays, and Fridays**  
9:00am-10:00am

### **Arthritis Foundation: Walk n' Talk**

ONEgeneration  
18255 Victory Blvd.  
Reseda 91335

**Tuesdays, 2:30pm-3:30pm**

### **Bollywood Dance**

ONEgeneration  
18255 Victory Blvd.  
Reseda 91335

**Tuesdays and Fridays, 9:30am-11:30am**

### **Exercise through Dance**

ONEgeneration  
18255 Victory Blvd.  
Reseda 91335

**Tuesdays and Fridays, 1:00pm-2:00pm**

### **Be Fit While You Sit**

ONEgeneration  
18255 Victory Blvd.  
Reseda 91335

**Wednesdays, 9:00am-10:00am**

### **Beginning Tap/Jazz**

ONEgeneration  
18255 Victory Blvd.  
Reseda 91335

**Thursdays, 3:15pm-4:15pm**

### **International Folk Dancing**

ONEgeneration  
18255 Victory Blvd.  
Reseda 91335

**Jan. 17, 24, 31, Feb. 7, 14, 21**

Tuesdays, 2:00pm-4:00pm

### **Diabetes Empowerment Education Program (DEEP™)**

ONEgeneration  
18255 Victory Blvd.  
Reseda 91335

**Jan. 23**

Monday, 10:00am-11:30am

### **Healthy Cooking: Good Foods for Your Circulatory System**

ONEgeneration  
18255 Victory Blvd.  
Reseda 91335



## Feb. 27

Monday, 10:00am-11:30am

### Healthy Cooking: Heart Healthy Eating

ONEgeneration  
18255 Victory Blvd.  
Reseda 91335

## Mar. 27

Monday, 10:00am-11:30am

### Healthy Cooking: What is Clean Eating?

ONEgeneration  
18255 Victory Blvd.  
Reseda 91335

## Riverside

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Wednesdays, 10:00am-11:00am

### Polynesian Dance

Norton Younglove Community Center  
459 Center St.  
Riverside 92507

## San Bernardino

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## Feb. 15

Wednesday, 1:00pm-3:00pm

### Bingo

Perris Hills Senior Center  
780 E. 21st St.  
San Bernardino 92404

## Mar. 30

Thursday, 10:00am-11:30am

### High Blood Pressure & Your Health

Perris Hills Senior Center  
780 E. 21st St.  
San Bernardino 92404

## San Fernando

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Jan. 17, 24, 31, Feb. 7, 14, 21

Tuesdays, 9:30am-10:45am

### Yoga

Las Palmas Park  
505 S. Huntington St.  
San Fernando 91340

## Santa Ana

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Jan. 26, Feb. 23, Mar. 23

Thursdays, 10:30am-11:30am

### Health Chats (Charlas)

Northgate Gonzalez Market  
770 S. Harbor Blvd.  
Santa Ana 92703

## Santa Clarita

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Tuesdays, 9:30am-10:30am

### Bollywood Dance

United Methodist Church  
26640 Bouquet Canyon Rd.  
Santa Clarita 91350

## Simi Valley

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Wednesdays, 9:00am-10:30am

### Fitness and Yoga

Boys & Girls Club of Simi Valley  
2850 Lemon Dr.  
Simi Valley 93065

Jan. 11, 18, 25, Feb. 1, 8, 15

Wednesdays, 6:00pm-8:00pm

### Diabetes Empowerment Education Program (DEEP™)

Lakeside Community Healthcare  
3605 Alamo St., Suite 100  
Simi Valley 93065

## Jan. 18

Wednesday, 1:00pm-3:00pm

### Nutrition for Weight Loss

Lakeside Community Healthcare  
3605 Alamo St., Suite 100  
Simi Valley 93065

## Tarzana

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Jan. 3, 10, 17, 24, 31, Feb. 7, 14,  
21, 28, Mar. 7, 14, 21, 28

Tuesdays, 11:30am-12:30pm

### Zumba Gold

Releve Studios  
18356 Oxnard St.  
Tarzana 91356

*Please find parking in back of the studio (assigned Releve Studio parking only) or on the street. Wear comfortable clothes and shoes with sturdy support. Ensure your class shoes are not worn outside to prevent studio floor damage.*

## Temecula

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Jan. 10, 17, 24, 31, Feb. 7, 14

Tuesdays, 9:30am-11:30am

### Diabetes Empowerment Education Program (DEEP™)

Rancho Family Medical Group  
28780 Single Oak Dr., Suite 260  
Temecula 92590

*Free parking.*

## Locations and Dates *(Continued)*

### Thousand Oaks

**Jan. 18**

Wednesday, 9:00am-1:00pm

#### **Wellness Fest 2017: Visit the Island of Health & Wellness**

Goebel Adult Community Center  
1385 E. Janss Rd.

Thousand Oaks 91362

*Free parking in front of community center.*

**Jan. 19, 26, Feb. 2, 9, 16, 23**

Thursdays, 3:00pm-5:00pm

#### **Diabetes Empowerment Education Program (DEEP™)**

Lakeside Community Healthcare  
612 E. Janss Rd.

Thousand Oaks 91360

**Feb. 27**

Monday, 3:00pm-5:00pm

#### **Nutrition for Weight Loss**

Lakeside Community Healthcare  
612 E. Janss Rd.

Thousand Oaks 91360

**Feb. 28, Mar. 7, 14**

Tuesdays, 6:00pm-8:00pm

#### **Lamaze Childbirth**

Lakeside Community Healthcare  
612 E. Janss Rd.

Thousand Oaks 91360

**Mar. 2**

Thursday, 3:00pm-4:00pm

#### **Supermarket Savvy**

Vons Grocery Store  
1790 N. Moorpark Rd.

Thousand Oaks 91360

### West Covina

Tuesdays, 8:30am-9:30am

#### **Zumba Gold**

Lakeside Community Healthcare  
1500 W. West Covina Parkway  
West Covina 91790  
(Urgent Care Waiting Room)

Wednesdays, 6:30pm-7:30pm

#### **NEW! Mommy and Me Fitness**

Lakeside Community Healthcare  
1500 W. West Covina Parkway  
West Covina 91790  
(2nd floor, Pediatrics Waiting Room)  
*No class Feb. 8.*

Thursdays, 3:00pm-5:00 pm

#### **Health Coaching**

Lakeside Community Healthcare  
1500 W. West Covina Parkway  
West Covina 91790 (Room 202)

**Jan. 5, 19, 26, Feb. 9, 16, 23,  
Mar. 2, 9, 16, 23, 30**

Thursdays, 8:30am-9:30am

#### **Strength and Balance Training**

Lakeside Community Healthcare  
1500 W. West Covina Parkway  
West Covina 91790  
(Urgent Care Waiting Room)

**Jan. 5, 19, 26, Feb. 9, 16, 23,  
Mar. 2, 9, 16, 23, 30**

Thursdays, 9:35am-10:25am

#### **Disco Dancing**

Lakeside Community Healthcare  
1500 W. West Covina Parkway  
West Covina 91790  
(Urgent Care Waiting Room)

**Jan. 16, 23, 30, Feb. 13, 20, 27,  
Mar. 13, 20**

Mondays, 8:30am-9:30am

#### **Strength and Balance Training**

Lakeside Community Healthcare  
1500 W. West Covina Parkway  
West Covina 91790  
(Urgent Care Waiting Room)

**Jan. 16, 23, 30, Feb. 13, 20, 27,  
Mar. 13, 20**

Mondays, 9:35am-10:25am

#### **Tai Chi**

Lakeside Community Healthcare  
1500 W. West Covina Parkway  
West Covina 91790  
(Urgent Care Waiting Room)

**Jan. 16, 23, 30, Feb. 13, 20, 27,  
Mar. 13, 20**

Mondays, 5:30pm-6:30pm

#### **Family Fun Workout**

Lakeside Community Healthcare  
1500 W. West Covina Parkway  
West Covina 91790  
(Urgent Care Waiting Room)

**Jan. 12**

Thursday, 6:00pm-8:00pm

#### **Bump to Baby Class 1 (You and Your Pregnancy)**

**Jan. 19**

Thursday, 6:00pm-8:00pm

#### **Bump to Baby Class 2 (Baby Basics)**

**Jan. 26**

Thursday, 6:00pm-8:00pm

#### **Bump to Baby Class 3 (Postnatal Care)**

**Feb. 2**

Thursday, 6:00pm-8:00pm

**Bump to Baby Class 4  
(Celebrating You)**Lakeside Community Healthcare  
1500 W. West Covina Parkway  
West Covina 91790  
(2nd floor Conference Room)**Jan. 16, Feb. 20, Mar. 20**

Mondays, 6:00pm-7:00pm

**Smoking Cessation Support Group**Lakeside Community Healthcare  
1500 W. West Covina Parkway  
West Covina 91790  
(2nd floor Conference Room)**Jan. 17, Feb. 21, Mar. 21**

Tuesdays, 10:30am-11:30am

**Health Chats (Charlas)**Northgate Gonzalez Market  
1320 W. Francisquito Ave.  
West Covina 91790**Jan. 23**

Monday, 11:00am-12:00pm

**Healthy Cooking:  
Healthy Snack Options**Lakeside Community Healthcare  
1500 W. West Covina Parkway  
West Covina 91790  
(2nd floor Conference Room)**Jan. 24**

Tuesday, 6:00pm-7:00pm

**Breathe Better: Living with COPD**Lakeside Community Healthcare  
1500 W. West Covina Parkway  
West Covina 91790  
(2nd floor Conference Room)**Feb. 9**

Thursday, 6:00pm-8:00pm

**Understanding Breastfeeding**Lakeside Community Healthcare  
1500 W. West Covina Parkway  
West Covina 91790  
(2nd floor Conference Room)**Feb. 13**

Monday, 11:00am-12:00pm

**Healthy Cooking:  
Heart Healthy Eating**Lakeside Community Healthcare  
1500 W. West Covina Parkway  
West Covina 91790  
(2nd floor Conference Room)**Feb. 14, 21, 28, Mar. 7, 14, 21**

Tuesdays, 6:00pm-8:00pm

**Diabetes Empowerment  
Education Program (DEEP™)**Lakeside Community Healthcare  
1500 W. West Covina Parkway  
West Covina 91790  
(2nd floor Conference Room)**Mar. 27**

Monday, 11:00am-12:00pm

**Healthy Cooking:  
Quick Healthy Breakfasts**Lakeside Community Healthcare  
1500 W. West Covina Parkway  
West Covina 91790  
(2nd floor Conference Room)**West Hills**

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**Jan. 23**

Monday, 6:00pm-8:00pm

**Bump to Baby Class 1  
(You and Your Pregnancy)****Jan. 30**

Monday, 6:00pm-8:00pm

**Bump to Baby Class 2  
(Baby Basics)****Feb. 6**

Monday, 6:00pm-8:00pm

**Bump to Baby Class 3  
(Postnatal Care)****Feb. 13**

Monday, 6:00pm-8:00pm

**Bump to Baby Class 4  
(Celebrating You)**Lakeside Community Healthcare  
7325 Medical Center Dr., Suite 300  
West Hills 91307**Feb. 22****Mar. 1, 8, 15, 22, 29**

Wednesdays, 6:00pm-8:00pm

**Diabetes Empowerment  
Education Program (DEEP™)**Lakeside Community Healthcare  
7325 Medical Center Dr., Suite 300  
West Hills 91307**Mar. 28**

Tuesday, 6:00pm-8:00pm

**Nutrition for Weight Loss**Lakeside Community Healthcare  
7325 Medical Center Dr., Suite 300  
West Hills 91307

# All events and classes are offered at no cost to you; however, reservations are required! There are two ways for you to RSVP:

## 1 Email your reservation to [healthyway@regalmed.com](mailto:healthyway@regalmed.com)

You can email 24/7. Choosing this method:

- Allows you to make reservations for all activities and classes.
- Enables you to make reservations earlier than those who call. Email reservations will be handled on a first-come, first-served basis.
- Requires you to provide all pertinent information including your name, date of birth and requested activities (must have name and date for activity).
- Sends you an email that confirms your reservation.

## 2 Call our Reservation Specialists at **844.418.8304**

Call Monday - Friday between 10:00am and 4:00pm. You can only make reservations one month at a time:

**Reservations for January events**  
begin on Tuesday, December 13.

**Reservations for February events**  
begin on Tuesday, January 17.

**Reservations for March events**  
begin on Tuesday, February 14.

*Please note:* You will receive a phone call from our Reservation Specialists confirming your participation prior to the event.



## Other Policies:

- You may bring one adult guest over 21 years old to each class unless otherwise indicated.
- You will be required to sign-in at each class. Some may require completion of a release form. Please bring a valid ID with you.
- If you're unable to attend an activity or class and must cancel your reservation, you must contact us 72 hours in advance via email or by calling our reservation specialists at **844.418.8304**.



Please reference your health plan ID for your medical group.

16RLAMACB677