

# HealthEd

HEALTH AND WELLNESS CLASSES FOR ALL AGES

Stay COOL this

# SUMMER



All classes  
are offered  
at no cost  
to you.



**Bump to Baby**

page 11



A four-part series for pregnant women and their partners.

**Attend our Bump to Baby program!**

And receive a **\$100 GIFT CARD** when you attend all four classes.

**Disco Fever**

page 10

**Param Yoga**

page 14

**Zumba Gold**

page 17



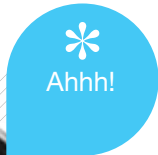
**THE SUMMERTIME CAN BE HOT** in Southern California. We all know that. It's easy to get sunburned or dehydrated without even realizing it.

That's why I take special care to make sure I am protected from the sun in every way possible. I constantly apply sunscreen when I am outside, drink a lot of water, and try to stay cool whenever I can.

Did you know that there are actual "cooling centers" across Southern California? They are literally places you can go to cool off. Call 211, the nation's free and confidential information and assistance line. It will provide you with local places you can go to beat the heat. Or, visit the websites listed below for more information and locations.

Remember, as temperatures climb above double digits, try to wear sunscreen with an SPF of at least 15, drink plenty of water, avoid the sun from 10:00 a.m. to 3:00 p.m. if you can, and wear a wide-brimmed hat and lightweight, light-colored clothing outside. Starting on page 6, you can find more tips about how to stay cool during the hottest months of the year – and have fun, too!

*Hana Eicher*  
VP, PATIENT OUTREACH AND ENGAGEMENT



## Cooling Centers in Your Area



- \* Long Beach Cooling Centers, [www.longbeach.gov](http://www.longbeach.gov)
- \* Los Angeles City Cooling Centers, [www.emergency.lacity.org](http://www.emergency.lacity.org)
- \* Los Angeles County Cooling Centers, [www.lacountycoolingcenters.pdf](http://www.lacountycoolingcenters.pdf)
- \* Riverside County Cooling Centers, [www.rivcohealthdata.org/home/cool-centers](http://www.rivcohealthdata.org/home/cool-centers)
- \* San Bernardino Cooling Centers, [www.211sb.org/cooling-centers](http://www.211sb.org/cooling-centers)
- \* Southern California Edison Cooling Centers, [www.sce.com](http://www.sce.com)

*(Located in Los Angeles, Orange, San Bernardino, Riverside, and Ventura counties)*

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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 and  
experience the wonders of  
Southern California while  
connecting and having fun!

Feature Story

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*Tips for staying cool & healthy this*

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# SUMMER

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## **SUMMER IS HERE!**

*Southern California might be beautiful, but temperatures can climb to the triple digits in the summer. That's why it's important you know how to stay cool and hydrated. →*

# G

Getting too hot can make you sick if your body can't properly compensate and cool down. The main things affecting your body's ability to cool down in very hot weather are:

### **High Humidity**

In high humidity, sweat won't evaporate as quickly, keeping your body from releasing heat as fast as it may need.

### **Personal Factors**

Age, weight, fever, water/liquid intake, heart disease, poor circulation, sunburn, prescription drugs, and alcohol use can play a role in whether a person can cool off enough in hot weather.

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*On the following pages, you will learn what you can do to be proactive when the summer temperatures start to climb. →*





**1**

## GET OUT OF THE SUN

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Schedule outdoor activities carefully. If you must be outdoors, try to limit your activity to morning and evening hours when the sun is not as strong.

Adjusting your schedule to these times could mean a difference in temperature of several degrees and may prevent potential poor reactions to the heat. Try to rest often in shady areas so that your body's thermostat will have a chance to recover.

**2**

## STAY HYDRATED

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Drink plenty of cool water, clear juices, and other liquids that don't contain alcohol or caffeine. Alcohol and caffeine can dehydrate you (dry you out). Don't wait until you are thirsty to drink.



Are you  
drinking enough  
water?



**3**

## USE AIR CONDITIONING

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Air conditioning is your friend! Spend as much time as possible in air conditioned spaces. If you don't have an air conditioner, go somewhere that has one. Read a book at the library, walk around in indoor malls, watch that new movie at the theater, or meet up with friends. Electric fans may provide comfort, but when the temperature is in the high 90s, fans will not prevent heat-related illness. Taking a cool shower, bath, or moving to an air conditioned area is a much better way to cool off. Call 211 for a listing of cooling centers in your neighborhood (*see page 2 for more information*).



**4**

**SAY NO TO SUNBURNS**

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When outdoors, make sure to use broad spectrum sunscreen with sun protection factor (SPF) of 15 or higher. Apply every couple of hours as needed. And remember, you can still get sunburned on a cloudy day – because even though clouds block the sunlight, they don't block all of the sun's harmful UV rays. So, play it safe and use sunscreen.





## 5

### AVOID OVENS

Try to avoid using the stove or oven. Summertime cooking in a kitchen with no air flow or air conditioning can heat up your home. Some great alternatives to using a stove or oven are an electric kettle, a slow cooker, a fondue pot, or a waffle iron.

Or better yet, enjoy a cool, healthy salad with fresh fruit or vegetables and some protein. You can find some excellent healthy recipes and dinner ideas using a slow cooker on the websites listed below:

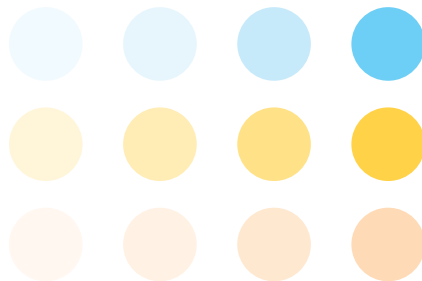
- [www.cookinglight.com](http://www.cookinglight.com)
- [www.foodnetwork.com](http://www.foodnetwork.com)
- [www.thekitchn.com](http://www.thekitchn.com)
- [www.allrecipes.com](http://www.allrecipes.com)
- [www.eatingwell.com](http://www.eatingwell.com)

## 6

### DRESS APPROPRIATELY

Try wearing loose-fitting and light-colored clothing (dark-colored clothes absorb more heat). If you have a lightweight, broad brimmed sun hat, you're in good shape! These simple changes will help you stay cool during the summer and also help in preventing sunburns.

*An excellent dress example and summer color palettes are below ↓*



## 7

### COOL DOWN

Take tepid (not too cold or too hot) showers, baths, or sponge baths when you're feeling warm.

If you don't have the time, try wetting washcloths or towels with cool water and putting them on your wrists, head, ankles, armpits, and neck.

## 8

### LOOK OUT FOR OTHERS

Whether you're just hanging out with friends or participating in sports with a team, if you are practicing during hot weather, protect yourself and look out for your teammates. Monitor each other's conditions and seek medical care immediately if you or a teammate has symptoms of heat-related illness.

# CLASSES

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

## Action Day Health Fair

Located in the heart of Los Angeles, this event will include free health screenings and important information about healthcare/programs and coverage for the whole family.

See [page 23](#) for details.



## Arthritis Foundation: Walk n' Talk

This six-week Walk n' Talk program can teach you how to safely make physical activity part of your daily life. Reduce pain and discomfort of arthritis, increase balance, strength and walking pace, build confidence, and improve your overall health.

See [page 23](#) for details.

## 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. This class is taught by experienced dance instructors with healthcare backgrounds. All levels are welcome! No previous experience necessary.

See [pages 18, 20, 24](#).

## Controlling Hypertension Through Diet and Exercise

Diet and exercise play an important role in managing your blood pressure and cholesterol. Learn what foods to avoid or increase to help manage your condition.

See [pages 18, 19, 21, 22, 26](#).

## Diabetes Class Series

Learn how to successfully manage your diabetes. Topics covered are healthy diet and exercise, medications, stress, complications of diabetes, and traveling with diabetes.

See [pages 20-26](#).

## Disco Fever

Ready to disco your way to better health? Join us for a fun-filled hour of 60s and 70s disco dancing. Before you know it, your energy levels will soar!

See [page 27](#) for details.

## Drink Up/Hydration

Your body *needs* water. Hydration is the process by which water is ingested and absorbed into the body.

This class covers how water



energizes you, how to check for dehydration, how to calculate your water intake, tap or bottled, electrolytes, and other issues that affect your fluid intake.

See [page 27](#) for details.

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## Exercise Through Dance

In this class, you will learn a new dance each month. It's a great way to incorporate exercise that improves your balance and is good for your heart.

See [page 23](#) for details.

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## Fitness and Yoga

Exercise is fun and a great way to make new friends! Class includes stretching, low-impact aerobic exercise, light weight lifting, and yoga. Yoga supports stress relief, pain relief, better breathing, flexibility, increased strength, weight management, increased blood circulation, cardiovascular conditioning, better body alignment, and helps you focus on the present.

See [page 24](#) for details.



## Fontana Community Center Health Fair

Join us for the annual health fair at the Fontana Community Center. Stop by to learn about the center and receive a free health screening and giveaways!

See [page 20](#) for details.

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## Health Chats (Charlas)

Join us for a monthly series of talks presented by a health educator about many different health topics. All chats will be offered in Spanish. Learn important information and ask any questions you may have. Enjoy a healthy cooking demonstration by Chef Pablo and sample the nutritious foods he has prepared.

See [pages 20, 22, 23, 24, 27](#).

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## 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.

See [pages 21, 22, 25](#).



## Bump to Baby

### Class 1: You and Your Pregnancy

During your 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 learn how to take care of yourself.

### Class 4: Celebrating You

It's time to celebrate! Upon completion, certificates will be handed out and a **\$100 gift card\*** will be given to those who have finished all four sessions.

See [pages 20, 21, 24, 25, 26](#).

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\* Bump to Baby: Gift card awards apply to Regal, Lakeside, and ADOC members only.



### Health With Harry

Enjoy a full body workout – neck to toes! The session will use body weight, dumb bells, sticks, exercise balls, and resistance bands. Standing, sitting and mat work (optional) will be incorporated. The goal of this program is to increase flexibility and strength and improve balance. All equipment will be supplied. The session will include:

- Aerobic warm-up
- Upper body strength training
- Lower body strength training
- Core exercises
- Cool down stretch and Q&A

See [page 19](#) for details.

### Healthy Heart

According to the National Institute of Health (NIH), heart disease is the leading cause of death among men and women. However, it can often be prevented. Learn the guidelines that will keep you and your heart happy and healthy.

See [pages 19, 21, 22](#).

### Home Safety and Fall Prevention

Many people get injured in their own home by accidents that could have easily been avoided. Learn excellent tips about how to make your home a safe environment by preventing slips, trips, falls, and other accidents.

See [page 25, 26](#) for details.



### International Folk Dancing

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

See [page 24](#) for details.

## *Healthy Eating 101*

In this class, we will go over the basic caloric needs that are recommended for children, teens, adults, and seniors. Please note that this class is for basic nutrition only. It will not provide specific information to help manage chronic conditions.

See [page 23, 25](#) for details.



## Life Care Planning

This open forum discussion will include information about communication, care, and treatment wishes throughout the course of life. Durable power of attorney for healthcare documents and help to complete them will be provided.

See [page 19](#) for details.



## Low Impact Tap/Jazz

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

See [page 23](#) for details.

## Lunch and Learn: Know Your Numbers

Enjoy your choice of coffee, tea, and a slice of pie at Coco’s Bakery as we present the recommended numbers for cholesterol, blood glucose, and blood pressure levels for optimal health. Bring your lab work and information if you would like further a explanation of your results.

See [page 20](#) for details.

## Memory Power

Do we really become forgetful as we get older? Do we actually forget things we once knew? Not necessarily. Attend our seminar and learn some fascinating facts about memory. Also, discover great ways to help retain yours.

See [page 25](#) for details.



## Matter of Balance

Many older adults experience fear of falling and restrict their activities. This course highlights practical strategies to reduce this fear and increase activity levels. Participants learn to view falls and fear of falling as controllable, set realistic goals to increase activity, alter their environment to reduce risks of falling, and exercise to increase strength and balance.

See [page 24](#) for details.

## Nutrition for Weight Loss

Tired of trying one diet after another to shed those extra pounds? Eating is something we do every day and should be enjoyable. Learn simple and easy ways to eat right, enjoy your food, lose weight, and keep it off!

See [page 26](#) for details.

## Polynesian Dance

Enjoy the very best in authentic Hawaiian, Tahitian, and Polynesian music and dance. Learn the dances, movements, words and music of Polynesia with pulse-pounding excitement that will have your feet tapping.

See [page 24](#) for details.





### Rhythm and Moves

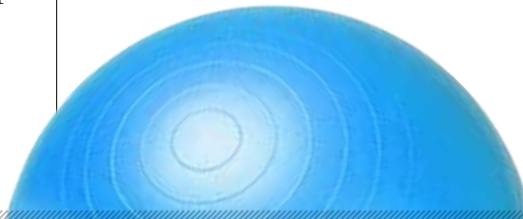
With similar moves to Zumba Gold, have fun and move to the music through a variety of dance steps designed to increase muscular strength and range of movement – adding a little bit of cardio to daily living.

See [page 20](#) for details.

### Strength Training and Balance

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 will occur followed by resistance training activities using bands, balls, and body weight. Balance activities and a cool down stretch will follow. The class ends with a 5-10 minute period of questions and answers.

See [pages 18, 20, 21, 22, 26, 27](#).



### Supermarket Savvy

Join our health educator for a group tour of a local market. You will learn how to read food labels and make healthy and affordable food choices.

See [pages 21, 22, 24, 26](#).

## *Param Yoga*

This yoga 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 specific needs. Also, be sure to celebrate International Day of Yoga on June 21st!

See [page 19, 20](#) for details.



Meet *Marydale*, the founder



## Sun Safety: Fry Now, Pay Later

The sun is essential for life on earth, but unfortunately, too much exposure to the sun's rays can be harmful and even deadly. During this program, we will discuss ways to protect you from ultraviolet rays.

See [page 26](#) for details.



## Tai Chi

Tai chi has developed a worldwide following among people for its benefits to health and health maintenance. Medical studies support its effectiveness as an alternative exercise as well as a form of martial arts therapy.

See [pages 21, 22, 26, 27](#).



## Tustin Street Fair and Chili Cook-Off

Join us for a fun-filled day of activities including the chili cook-off, salsa competitions, crafts and food booths, entertainment, music, family plaza, and kids attractions.

See [page 26](#) for details.

## UCLA Memory

This course is for people with age-related memory concerns. Participants learn in small groups through a combination of presentations with group discussions, memory quizzes, and skill-building exercises.

The UCLA Memory program focuses on teaching students new skills in a low stress, fun environment.

See [page 24](#) for details.

## Understanding Breastfeeding

In this class, you will 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!

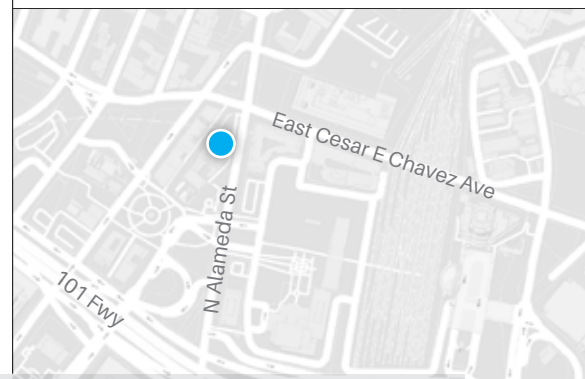
See [pages 26, 27](#).



## Univision Contigo Salud (Univision With You) Health Fair

Enjoy a free afternoon of fun for the whole family! The event will include music, children's activities, raffles, workshops, and giveaways. You'll also have the chance to receive free screenings and learn how to obtain free and low-cost health services.

See [page 23](#) for details.





## Walk2Win

Whether your goals are improved fitness, better health, weight loss, or just meeting new friends, Walk2Win is designed to make you a winner. This goal-oriented program will offer guidance and motivation. Walkers of all levels are welcome! Water will be provided. There will be a light stretch before our walk.

See [pages 20, 23, 25](#).



## Vitamin D: How Much Do You Really Need?

Have you been baking in the sun trying to get enough vitamin D? This class will explore other ways to get the vitamin that you hear so much about!

See [pages 23, 24](#).



## Water Aerobics

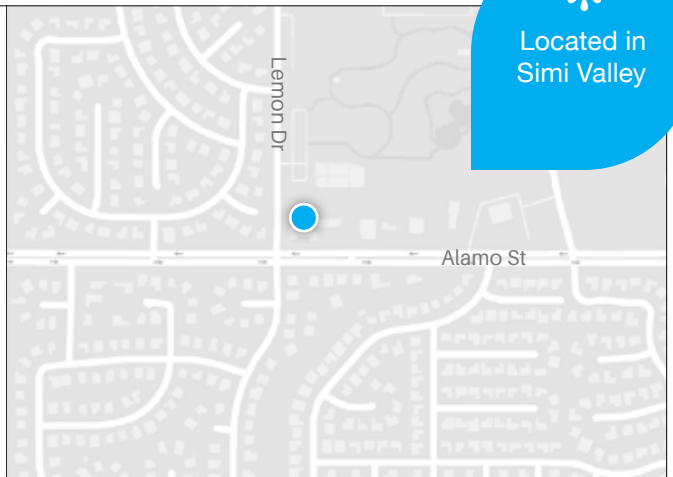
These classes focus on circulation, strengthening muscle, increasing flexibility, range of motion, and endurance. Please bring your swimsuit, water shoes, towels, etc., along with additional clothing to change into after class. Each participant is required to sign a waiver prior to the start of class.

See [page 18](#) for details.

## Weight Loss Surgery Support Group

Whether you're considering weight loss surgery or have already had the procedure, it's important to surround yourself with people who understand and support the decision you have made to improve your health with bariatric surgery. Join us each month for topics that can help you stay on track for lifelong health.

See [page 25](#) for details.





## Weight Management

Are you 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!

See [pages 18, 19, 22](#) for details.



## Zumba Gold

Have fun and move to the music through a variety of easy-to-follow, lower-intensity dance steps designed to increase your muscular strength, range of movement, and coordination.

Each of these classes focus on the elements of fitness: cardiovascular, muscular conditioning, flexibility and balance! Remember to wear comfortable clothes and shoes with sturdy support. Also, ensure your class shoes are not worn outside to prevent any unnecessary studio floor damage.

See [page 19, 25](#) for details.



## Health Class Success!



Today, Mike is healthy, fit, trim, and loving life. But things weren't that way just more than a year ago. He was overweight, his blood pressure was out of control, and he had no idea how to take charge of his diabetes. It was when Mike's blood sugar skyrocketed to dangerous levels that he knew something had to change – for good. He was fortunate to be one of the first patients to start in the Simi Valley Diabetes Clinic, offered to Regal and Lakeside members who are referred by their doctors. The program incorporates weekly visits with doctors, pharmacists, and other healthcare providers to help patients learn about diabetes and take charge of their health. Mike quickly received the tools, information, and support he needed to get well. Today, his new lifestyle has given him the balance and health he craved. “I took control of my diabetes and didn't let it control me. I couldn't have done it without the support and education I received from the clinic. I'm so grateful.”

— Mike, Regal Medical Group Member

# DETAILS

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

## Anaheim

**June 2, 9, 16, 23 and 30**

*Thursdays, 11:00am-12:00pm*

### **Water Aerobics**

Walnut Village Aquatic Center

1401 W. Ball Rd.

Anaheim 92802

*(Street parking available on Tuesdays only.*

*Parking is at the church on Walnut St.)*

**June 7, 14, 21 and 28**

*Tuesdays, 11:00am-12:00pm*

### **Water Aerobics**

Walnut Village Aquatic Center

1401 W. Ball Rd.

Anaheim 92802

*(Street parking available on Tuesdays only.*

*Parking is at the church on Walnut St.)*

**July 5, 12, 19 and 26**

*Tuesdays, 11:00am-12:00pm*

### **Water Aerobics**

Walnut Village Aquatic Center

1401 W. Ball Rd.

Anaheim 92802

*(Street parking available on Tuesdays only.*

*Parking is at the church on Walnut St.)*

**July 7, 14, 21 and 28**

*Thursdays, 11:00am-12:00pm*

### **Water Aerobics**

Walnut Village Aquatic Center

1401 W. Ball Rd.

Anaheim 92802

*(Street parking available on Tuesdays only.*

*Parking is at the church on Walnut St.)*

## Arcadia

**June 1, 8, 15 and 29**

*Wednesdays, 8:30am-9:30am*

### **Strength Training and Balance**

Regal Medical Group

117 East Live Oak Ave.

Arcadia 91006

**July 6, 13, 20, and 27**

*Wednesdays, 8:30am-9:30am*

### **Strength Training and Balance**

Regal Medical Group

117 East Live Oak Ave.

Arcadia 91006

## Burbank

**June 7, 14, 21 and 28**

*Every Tuesday, 11:00am-12:00pm*

### **Bollywood Dance**

Media City Dance Studio

237 E. Palm Ave.

Burbank 91502

**July 5, 12, 19 and 26**

*Every Tuesday, 11:00am-12:00pm*

### **Bollywood Dance**

Media City Dance Studio

237 E. Palm Ave.

Burbank 91502

**June 1 and 8**

*Wednesdays, 12:00pm-12:45pm*

### **Weight Management**

Lakeside Community Healthcare

191 S. Buena Vista Ave., Suite 215

Burbank 91505

*(GI office, free parking validation)*

**June 1 and 8**

*Wednesdays, 1:00pm-1:50pm*

### **Controlling Hypertension**

**Through Diet and Exercise**

Lakeside Community Healthcare

191 S. Buena Vista Ave., Suite 215

Burbank 91505 *(Free parking validation)*

## June 2

Thursday, 1:00pm-1:50pm

### Healthy Heart

Lakeside Community Healthcare  
191 S. Buena Vista Ave., Suite 400  
Burbank 91505  
(Cardiology office, free parking validation)

## June 2, 9, 16 and 30

Thursdays, 1:00pm-2:00pm

### Health With Harry

Joslyn Adult Center  
(Hazel Walker Auditorium)  
1301 West Olive Ave.  
Burbank 91506

## June 3, 10, 17 and 24

Fridays, 9:00am-10:00am

### Zumba Gold

Exceleration Studios  
443 Irving Dr.  
Burbank 91504

## June 7

Tuesday, 11:00am-12:00pm

### Supermarket Savvy

Ralphs Grocery Store  
1100 N. San Fernando Rd.  
Burbank 91504

## June 10

Friday, 9:30am-10:30am

### Healthy Cooking Class

Joslyn Adult Center (Auditorium)  
1301 W. Olive Ave.  
Burbank 91506

## June 16

Thursday, 1:00pm-1:50pm

### Healthy Heart

Lakeside Community Healthcare  
191 S. Buena Vista Ave., Suite 400  
Burbank 91505  
(Cardiology office, free parking validation)

## June 28

Tuesday, 9:30am-10:30am

### Life Care Planning

Lakeside Community Healthcare  
191 S. Buena Vista Ave.  
Burbank 91505  
(Urgent care office, 1st floor. Free parking validation)

## July 1, 8, 15, 22 and 29

Fridays, 9:00am-10:00am

### Zumba Gold

Exceleration Studios  
443 Irving Dr.  
Burbank 91504

## July 7, 14, 21 and 28

Thursdays, 1:00pm-2:00pm

### Health With Harry

Joslyn Adult Center  
(Hazel Walker Auditorium)  
1301 West Olive Ave.  
Burbank 91506

## July 13 and 20

Wednesdays, 12:00pm-12:45pm

### Weight Management

Lakeside Community Healthcare  
191 S. Buena Vista Ave., Suite 215  
Burbank 91505  
(Free parking validation)

## July 13 and 20

Wednesdays, 1:00pm-1:50pm

### Controlling Hypertension Through Diet and Exercise

Lakeside Community Healthcare  
191 S. Buena Vista Ave., Suite 215  
Burbank 91505  
(GI office, free parking validation)

## July 14

Thursday, 1:00pm-1:50pm

### Healthy Heart

Lakeside Community Healthcare  
191 S. Buena Vista Ave., Suite 400  
Burbank 91505  
(Cardiology office, free parking validation)

## July 26

Tuesday, 9:30am-10:30am

### Life Care Planning

Lakeside Community Healthcare  
191 S. Buena Vista Ave.  
Burbank 91505  
(Urgent care office, 1st floor. Free parking validation)

## July 28

Thursday, 1:00pm-1:50pm

### Healthy Heart

Lakeside Community Healthcare  
191 S. Buena Vista Ave., Suite 400  
Burbank 91505  
(Cardiology office, free parking validation)

## Chatsworth

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### Every Monday

11:30am-12:30pm

#### Param Yoga

21750 Devonshire St.  
Chatsworth 91311

### Every Wednesday

11:30am-12:30pm

#### Param Yoga

21750 Devonshire St.  
Chatsworth 91311

## Locations and Dates *(Continued)*

### Every Friday

*11:30am-12:30pm*

#### Param Yoga

21750 Devonshire St.  
Chatsworth 91311

### Every Saturday

*10:30am-11:30am*

#### Param Yoga

21750 Devonshire St.  
Chatsworth 91311

### June 3, 10, 17 and 24

*Every Friday, 11:00am-12:00pm*

#### Bollywood Dance

California Dance Academy  
9741 Independence Ave.  
Chatsworth 91311

### July 1, 8, 15, 22 and 29

*Every Friday, 11:00am-12:00pm*

#### Bollywood Dance

California Dance Academy  
9741 Independence Ave.  
Chatsworth 91311

### June 13, 20 and 27

*Mondays, 10:00am-11:00am*

#### Rhythm and Moves

California Dance Academy  
9741 Independence Ave.  
Chatsworth 91311

## Covina

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### July 15

*Friday, 9:00am-11:00am*

#### Lunch and Learn:

#### Know Your Numbers

Coco's Bakery  
306 N. Azusa Ave.  
Covina 91722

## Fallbrook

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### June 9

*Thursday, 10:30am-11:45am*

#### Healthy Chats (Charlas)

Northgate Market  
1346 S. Mission Rd.  
Fallbrook, 92085

### July 14

*Thursday, 10:30am-11:45am*

#### Healthy Chats (Charlas)

Northgate Market  
1346 S. Mission Rd.  
Fallbrook, 92085

## Fontana

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### June 10

*Friday, 8:45am-10:00am*

#### Walk2Win

Mary Vagle Nature Center  
11501 Cypress Ave.  
Fontana 92337  
*(Meet in parking lot)*

### June 17

*Friday, 11:00am-2:00pm*

#### Fontana Community Center

#### Health Fair

16710 Ceres Ave.  
Fontana 92335

## Garden Grove

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### June 7, 14, 21 and 28

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

#### Strength Training and Balance

Vietnamese Community  
of Southern California  
14351 Euclid St., Suite 1R  
Garden Grove 92843

### June 29

*Wednesday, 12:00pm-2:00pm*

#### Diabetes Class 3:

**(Healthy Coping & Problem Solving**

**- delivered in Vietnamese)**

Vietnamese Community  
of Southern California  
14351 Euclid St., Suite 1R  
Garden Grove 92843

### July 5

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

#### Bump to Baby Class 1:

**(You and Your Pregnancy)**

### July 12

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

#### Bump to Baby Class 2:

**(Baby Basics)**

### July 19

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

#### Bump to Baby Class 3:

**(Postnatal Care)**

### July 26

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

#### Bump to Baby Class 4:

**(Celebrating You)**

Vietnamese Community  
of Southern California  
14351 Euclid St., Suite 1R  
Garden Grove 92843

### **July 12, 19 and 26**

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

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

Vietnamese Community  
of Southern California  
14351 Euclid St., Suite 1R  
Garden Grove 92843

### **July 27**

*Wednesday, 12:00pm-2:00pm*

#### **Supermarket Savvy**

14351 Euclid St., Suite 1R  
Garden Grove 92843  
*(We will meet at this location and walk  
together to the market)*

## **Glendale**

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### **June 1, 8, 15 and 29**

*Wednesdays, 10:00am-12:00pm*

#### **June 7**

*Tuesday, 10:00am-12:00pm*

#### **Health Coaching**

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

### **June 1, 8, 15 and 29**

*Wednesdays, 12:00pm-1:00pm*

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

Glendale Memorial Hospital  
1520 S. Eulalia Ave.  
Glendale 91204  
*(Free parking validation)*

### **June 1, 8, 15 and 29**

*Wednesdays, 1:00pm-2:00pm*

#### **Tai Chi**

Glendale Memorial Hospital  
1520 S. Eulalia Ave.  
Glendale 91204  
*(Free parking validation)*

### **June 7**

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

#### **Diabetes Class 1:**

**(Overview and Healthy Eating)**

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

### **June 13**

*Monday, 5:30pm-7:00pm*

#### **Bump to Baby Class 1:**

**(You and Your Pregnancy)**

#### **June 27**

*Monday, 5:30pm-7:30pm*

#### **Bump to Baby Class 2:**

**(Baby Basics)**

#### **July 11**

*Monday, 5:30pm-7:30pm*

#### **Bump to Baby Class 3:**

**(Postnatal Care)**

#### **July 25**

*Monday, 5:30pm-7:30pm*

#### **Bump to Baby Class 4:**

**(Celebrating You)**

Glendale Memorial Hospital  
1520 S. Eulalia Ave.  
Glendale 91204  
*(Free parking validation)*

### **June 13**

*Monday, 10:00am-11:00am*

#### **Healthy Heart**

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

### **June 14, 21 and 28**

*Tuesday, 10:00am-12:00pm*

#### **Health Coaching**

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

### **June 14**

*Tuesday, 12:00pm-1:30pm*

#### **Controlling Hypertension**

#### **Through Diet and Exercise**

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

### **June 15**

*Wednesday, 10:00am-11:00am*

#### **Diabetes Class 2:**

**(Managing Your Meds)**

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

### **June 21**

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

#### **Diabetes Class 3:**

**(Healthy Coping & Problem Solving)**

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

## Locations and Dates *(Continued)*

### June 28

*Tuesday, 12:00pm-1:00pm*

#### **Supermarket Savvy**

Vons Grocery Store  
311 W. Los Feliz Rd.  
Glendale 91204

### July 5, 12, 19 and 26

*Tuesdays, 10:00am-12:00pm*

#### **Health Coaching**

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

### July 6, 13, 20 and 27

*Wednesdays, 10:00am-12:00pm*

#### **Health Coaching**

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

### July 6, 13, 20, and 27

*Wednesdays, 1:00pm-2:00pm*

#### **Tai Chi**

Glendale Memorial Hospital  
1520 S. Eulalia Ave.  
Glendale 91204  
*(Free parking validation)*

### July 6, 13, 20 and 27

*Wednesdays, 12:00pm-1:00pm*

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

Glendale Memorial Hospital  
1520 S. Eulalia Ave.  
Glendale 91204  
*(Free parking validation)*

### July 11

*Monday, 10:00am-11:00am*

#### **Healthy Heart**

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

### July 12

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

#### **Diabetes Class 1: (Overview and Healthy Eating)**

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

### July 12

*Tuesday, 12:00pm-1:30pm*

#### **Controlling Hypertension Through Diet and Exercise**

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

### July 18

*Monday, 10:00am-11:00am*

#### **Weight Management**

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

### July 20

*Wednesday, 10:00am-11:00am*

#### **Diabetes Class 2: (Managing Your Meds)**

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

### July 26

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

#### **Diabetes Class 3: (Healthy Coping & Problem Solving)**

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

### July 26

*Tuesday, 12:00pm-1:30pm*

#### **Controlling Hypertension Through Diet and Exercise**

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

## Long Beach

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### June 28

*Tuesday, 10:30am-11:45am*

#### **Healthy Chats (Charlas)**

Northgate Market  
4700 Cherry Ave.  
Long Beach 90807

### July 26

*Tuesday, 10:30am-11:45am*

#### **Healthy Chats (Charlas)**

Northgate Market  
4700 Cherry Ave.  
Long Beach 90807

## Los Angeles

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### June 7

*Tuesday, 10:30am-11:45am*

#### **Healthy Chats (Charlas)**

Northgate Market  
944 E. Slauson Ave.  
Los Angeles 90011

## June 25

*Saturday, 11:00am-3:00pm*

### **Univision Health Fair**

Placita Olvera  
845 N. Alameda St.  
Los Angeles 90012

## June 26

*Sunday, 9:00am-3:00pm*

### **Action Day Health Fair**

Nuestra Señora Reina  
de los Angeles Church  
535 N. Main St.  
Los Angeles 90012

## July 5

*Tuesday, 10:30am-11:45am*

### **Healthy Chats (Charlas)**

Northgate Market  
944 E. Slauson Ave.  
Los Angeles 90011

## July 24

*Sunday, 9:00am-3:00pm*

### **Action Day Health Fair**

Nuestra Señora Reina  
de los Angeles Church  
535 N. Main St.  
Los Angeles 90012

## Mission Hills

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### June 8

*Wednesday, 2:00pm-3:00pm*

#### **Vitamin D: How Much Do You Really Need?**

14901 Rinaldi St., Suite 201A  
Mission Hills 91345

## July 13

*Wednesday, 2:00pm-3:00pm*

### **Diabetes Management**

14901 Rinaldi St., Suite 201A  
Mission Hills 91345

## July 20

*Wednesday, 2:00pm-4:00pm*

### **Healthy Eating 101**

14901 Rinaldi St., Suite 201A  
Mission Hills 91345

## Norwalk

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### June 16

*Thursday, 10:30am-11:45am*

#### **Healthy Chats (Charlas)**

Northgate Market  
11660 E. Firestone Blvd.  
Norwalk 90650

### July 21

*Thursday, 10:30am-11:45am*

#### **Healthy Chats (Charlas)**

Northgate Market  
11660 E. Firestone Blvd.  
Norwalk 90650

## Redlands

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### July 8

*Friday, 8:45am-10:00am*

#### **Walk2Win**

Prospect Park  
1352 Prospect Dr.  
Redlands 92373  
*(Street parking on Cajon between  
Highland and Prospect. Meet at start  
of trail near Cajon).*

## July 29

*Friday, 8:45am-10:00am*

#### **Walk2Win**

Prospect Park  
1352 Prospect Dr.  
Redlands 92373  
*(Street parking on Cajon between  
Highland and Prospect. Meet at start  
of trail near Cajon).*

## Reseda

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### Every Monday

*1:30pm-2:30pm*

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

ONEgeneration  
18255 Victory Blvd.  
Reseda 91335

### Every Tuesday

*1:00pm-2:00pm*

#### **Low Impact Tap/Jazz**

ONEgeneration  
18255 Victory Blvd.  
Reseda 91335

### Every Thursday

*2:00pm-3:00pm*

#### **Low Impact Tap/Jazz**

ONEgeneration  
18255 Victory Blvd.  
Reseda 91335

### Every Tuesday and Friday

*9:30am-11:30am*

#### **Exercise Through Dance**

ONEgeneration  
18255 Victory Blvd.  
Reseda 91335

## Locations and Dates *(Continued)*

### Every Thursday

3:15pm-4:15pm

#### International Folk Dancing

ONEgeneration  
18255 Victory Blvd.  
Reseda 91335

### Every Wednesday

1:30pm-3:00pm

#### Matter of Balance

ONEgeneration  
18255 Victory Blvd.  
Reseda 91335

### Every Wednesday

1:30pm-3:00pm

#### UCLA Memory

ONEgeneration  
18255 Victory Blvd.  
Reseda 91335

### Every Tuesday and Friday

1:00pm-2:00pm

#### Be Fit While You Sit

ONEgeneration  
18255 Victory Blvd.  
Reseda 91335

## Riverside

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### June 1, 8, 15, 22 and 29

Wednesdays, 10:00am-11:00am

#### Polynesian Dance

Norton Younglove Community Center  
459 Center St.  
Riverside 92507

### July 6, 13, 20 and 27

Wednesdays, 10:00am-11:00am

#### Polynesian Dance

Norton Younglove Community Center  
459 Center St.  
Riverside 92507

## Santa Ana

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### June 23

Thursday, 10:30am-11:45am

#### Healthy Chats (Charlas)

Northgate Market  
770 S. Harbor Blvd.  
Santa Ana 92703

### July 20

Wednesday, 1:30pm-3:30pm

#### Supermarket Savvy

Council on Aging  
2001 E. 4th St., Suite 106  
Santa Ana 92705  
*(We will meet at this location and walk over together to the market)*

### July 28

Thursday, 10:30am-11:45am

#### Healthy Chats (Charlas)

Northgate Market  
770 S. Harbor Blvd.  
Santa Ana 92703

## Santa Clarita

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### June 7, 14, 21 and 28

Tuesdays, 9:30am-10:30am

#### Bollywood Dance

Santa Clarita United Methodist Church  
26640 Bouquet Canyon Rd.  
Santa Clarita 91350

### June 9

Thursday, 9:00am-10:00am

#### Vitamin D: How Much Do You Really Need?

24355 Lyons Ave., Suite 210  
Santa Clarita 91321

### July 5, 12, 19 and 26

Tuesdays, 9:30am-10:30am

#### Bollywood Dance

Santa Clarita United Methodist Church  
26640 Bouquet Canyon Rd.  
Santa Clarita 91350

### July 14

Thursday, 9:00am-11:00am

#### Diabetes Management

24355 Lyons Ave., Suite 210 Santa Clarita 91321

### July 21

Thursday, 9:00am-11:00am

#### Healthy Eating 101

24355 Lyons Ave., Suite 210  
Santa Clarita 91321

## Simi Valley

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### Every Wednesday

9:00am-10:30am

#### Fitness and Yoga

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

### June 2

Thursday, 6:00pm-8:00pm

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

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



### June 8

*Wednesday, 6:30pm-7:30pm*

#### **Healthy Cooking Class**

Lakeside Community Healthcare  
3605 Alamo St.  
Simi Valley 93065

### June 9

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

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

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

### June 10

*Friday, 10:00am-11:30am*

#### **Memory Power**

Lakeside Community Healthcare  
3605 Alamo St.  
Simi Valley 93065

### June 13

*Monday, 6:30pm-7:30pm*

#### **Weight Loss Surgery Support Group**

Lakeside Community Healthcare  
3605 Alamo St.  
Simi Valley 93065

### July 7

*Thursday, 6:30pm-8:30pm*

#### **Diabetes Class 1: (Overview and Healthy Eating)**

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

### July 8

*Friday, 10:00am-11:30am*

#### **Home Safety and Fall Prevention**

Lakeside Community Healthcare  
3605 Alamo St.  
Simi Valley 93065

### July 11

*Monday, 6:30pm-7:30pm*

#### **Weight Loss Surgery Support Group**

Lakeside Community Healthcare  
3605 Alamo St.  
Simi Valley 93065

### July 14

*Thursday, 6:30pm-8:30pm*

#### **Diabetes Class 2: (Managing Your Meds)**

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

### July 21

*Thursday, 6:30pm-8:30pm*

#### **Diabetes Class 3: (Healthy Coping & Problem Solving)**

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

## Tarzana

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### June 7, 14, 21 and 28

*Tuesdays, 11:30am-12:30pm*

#### **Zumba Gold**

Relevé Studios  
18356 Oxnard St.  
Tarzana 91356

### July 5, 12, 19 and 26

*Tuesdays, 11:30am-12:30pm*

#### **Zumba Gold**

Relevé Studios  
18356 Oxnard St.  
Tarzana 91356

## Thousand Oaks

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### June and July (except June 23)

*Every Thursday, 8:30am-9:30am*

#### **Walk2Win**

Wildflower Playfields  
635 W. Avenida de los Arboles  
Thousand Oaks 91360

### June and July (except June 23)

*Every Thursday, 2:00pm-3:00pm*

#### **Health Coaching**

Lakeside Community Healthcare  
612 E. Janss Rd.  
Thousand Oaks 91360

### June 7

*Tuesday, 6:30pm-8:30pm*

#### **Diabetes Class 1:**

**(Overview and Healthy Eating)**  
Lakeside Community Healthcare  
612 E. Janss Rd.  
Thousand Oaks 91360

### June 14

*Tuesday, 6:30pm-8:30pm*

#### **Diabetes Class 2: (Managing Your Meds)**

Lakeside Community Healthcare  
612 E. Janss Rd.  
Thousand Oaks 91360

### June 16

*Thursday, 3:30pm-5:00pm*

#### **Memory Power**

Lakeside Community Healthcare  
612 E. Janss Rd.  
Thousand Oaks 91360

## Locations and Dates *(Continued)*

### June 21

*Tuesday, 6:30pm-8:30pm*

#### **Diabetes Class 3: (Healthy Coping & Problem Solving)**

Lakeside Community Healthcare  
612 E. Janss Rd.  
Thousand Oaks 91360

### June 28

*Tuesday, 6:30pm-8:30pm*

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

Lakeside Community Healthcare  
612 E. Janss Rd.  
Thousand Oaks 91360

### June 29

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

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

### July 6

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

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

### July 13

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

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

### July 20

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

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

Lakeside Community Healthcare  
612 E. Janss Rd.  
Thousand Oaks 91360

### July 12

*Tuesday, 6:30pm-7:30pm*

#### **Supermarket Savvy**

Vons Grocery Store  
1790 N. Moorpark Rd.  
Thousand Oaks 91360

### July 19

*Tuesday, 6:30pm-8:30pm*

#### **Controlling Hypertension Through Diet and Exercise**

Lakeside Community Healthcare  
612 E. Janss Rd.  
Thousand Oaks 91360

### July 26

*Tuesday, 6:30pm-8:30pm*

#### **Controlling Hypertension Through Diet and Exercise**

Lakeside Community Healthcare  
612 E. Janss Rd.  
Thousand Oaks 91360

### July 27

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

#### **Understanding Breastfeeding**

Lakeside Community Healthcare  
612 E. Janss Rd.  
Thousand Oaks 91360

### July 28

*Thursday, 3:30pm-5:00pm*

#### **Home Safety and Fall Prevention**

Lakeside Community Healthcare  
612 E. Janss Rd.  
Thousand Oaks 91360

## Tustin

### June 5

*Sunday, 11:00am-5:30pm*

#### **Tustin Street Fair and Chili Cook-Off**

El Camino Real and West Main St.  
Tustin 92780

## West Covina

### June 2, 9, 16 and 30

*Thursdays, 8:30am-9:30am*

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

Lakeside Community Healthcare  
1500 W. West Covina Parkway  
West Covina 91790

### June 2, 9, 16 and 30

*Thursdays, 9:45am-10:45am*

#### **Disco Fever**

Lakeside Community Healthcare  
1500 W. West Covina Parkway  
West Covina 91790

### June 7

*Tuesday, 10:00am-11:30am*

#### **Sun Safety: Fry Now, Pay Later**

Lakeside Community Healthcare  
1500 W. West Covina Parkway  
West Covina 91790

### June 13, 20 and 27

*Mondays, 8:30am-9:30am*

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

Lakeside Community Healthcare  
1500 W. West Covina Parkway  
West Covina 91790

### June 13, 20 and 27

*Mondays, 6:00pm-7:00pm*

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

Lakeside Community Healthcare  
1500 W. West Covina Parkway  
West Covina 91790

### June 13, 20 and 27

*Mondays, 9:45am-11:00am*

#### **Tai Chi**

Lakeside Community Healthcare  
1500 W. West Covina Parkway  
West Covina 91790

**July 7, 14, 21 and 28**

*Thursdays, 8:30am-9:30am*

**Strength Training and Balance**

Lakeside Community Healthcare  
1500 W. West Covina Parkway  
West Covina 91790

**July 7, 14, 21, and 28**

*Thursdays, 9:45am-10:45am*

**Disco Fever**

Lakeside Community Healthcare  
1500 W. West Covina Parkway  
West Covina 91790

**July 11, 18 and 25**

*Mondays, 8:30am-9:30am*

**Strength Training and Balance**

Lakeside Community Healthcare  
1500 W. West Covina Parkway  
West Covina 91790

**July 11, 18 and 25**

*Mondays, 6:00pm-7:00pm*

**Strength Training and Balance**

Lakeside Community Healthcare  
1500 W. West Covina Parkway  
West Covina 91790

**July 11, 18 and 25**

*Mondays, 9:45am-11:00am*

**Tai Chi**

Lakeside Community Healthcare  
1500 W. West Covina Parkway  
West Covina 91790

**July 12**

*Tuesday, 10:00am-11:30am*

**Drink Up/Hydration**

Lakeside Community Healthcare  
1500 W. West Covina Parkway  
West Covina 91790

**June 21, Tuesday, 10:30am-11:45am**

**Healthy Chats (Charlas)**

Northgate Market  
1320 W. Francisquito Ave.  
West Covina 91790

**July 19, Tuesday, 10:30am-11:45am**

**Healthy Chats (Charlas)**

Northgate Market  
1320 W. Francisquito Ave.  
West Covina 91790

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## West Hills

**June 13**

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

**Understanding Breastfeeding**

Lakeside Community Healthcare  
7325 Medical 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 class (must have name and date).
- Sends you an email that confirms your reservation.



### 2 Call our Reservation Specialists at 844.418.8304

Call between 10:00 a.m. and 4:00 p.m.

*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**.



To confirm which of our medical groups you belong to, please check your health plan ID card.