

Health *Ed*

HEALTH & WELLNESS CLASSES FOR ALL AGES

**DOC
TALKS**

**BEACH
WALKS**

POTLUCKS

+

**PARAM
YOGA**

**ZUMBA
GOLD**

TAI CHI

there is
Strength
in family

page 4

Vea!

En este
ejemplar
nuestro
calendario
de clases
totalmente
en Español



Welcome to Summer!



To prepare for warmer days, be sure to take care of yourself by planning ahead and being prepared for the elements. Make sure you stay hydrated by drinking enough water, bring along the sunblock, dress appropriately, and find comfort in a cool, air-conditioned place. As always, we are excited to bring you some fun activities and events that you and your

family will enjoy to help improve the quality of your health and well-being. In our feature article, we highlight one of our member families, the Sugiokas, as they share the strong family bond they have for each other, and the joy of being able to do things together.

We hope you have also taken advantage of enjoying the many classes, events, and programs we have available in your area so you can continue to benefit from better health. If you would like to join a class, program or event, refer to the information listed on the back of the magazine. We hope you enjoy your Summer!

In Good Health,

Hana Eicher
VP, Patient Outreach & Community Engagement



Summer's Here!

And we have some important safety tips for you to remember while at home or traveling.

- **Clothing:** Wear appropriate clothing, including a wide-brimmed hat to protect your face and skin.
- **Water:** Take frequent water breaks and stay hydrated.
- **Sunscreen:** Use sunscreen with an SPF of at least 15 and apply often.
- **Vehicles:** Never leave kids or pets in a vehicle unattended.

STAY IN TOUCH

Be sure to visit us online and follow us on Facebook.



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www.yelp.com
Visit Yelp and search for Regal Medical Group.

INSIDE

Health education and wellness activities that will rejuvenate your life



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IN THIS ISSUE

of *HealthEd* you will learn about what health and wellness programs are available to you!



there is
Strength
in family



Left to right: Peggy, Jennifer and Greg Sugioka. Exercise is their method of healing the body, mind, and spirit. Rejuvenation, vitality, and renewed strength give them the motivation to keep going - and to never quit.

the story

of the Sugioka family is one of courage, devotion, endurance, and an undeniable love for each other that is deeply rooted in faith and a spiritual connection that keeps hope alive.

California Dreamin'

Greg Sugioka, 69, and his wife Peggy, 68, have made Burbank their home for many years and take pride in being a part of their community. They have raised two daughters together – Jennifer, 40, and Tricia, 38. Originally from Hawaii, Greg was drafted into the Army and fought in the Vietnam War. During the course of his life, he and his family decided to relocate to the “mainland” to be a part of the California dream.

Destiny Finds You

Greg and Peggy met while in middle school and kept in touch until they graduated high school. Although they don't claim to have been high school sweethearts, their paths would naturally cross again later. Greg was attending college at Cal State L.A. when Peggy was busy with her studies at the Cleveland Institute. After Peggy came back home to California, they were re-introduced by Peggy's sister who was attending church with Greg. Greg recalls, “Her sister came up to me and said, ‘Did you know Peggy was back in town?’ and of course, I had to give her a call. “It's a sweet thought to think fate brought them back together. They have been married since 1973





and still exchange the same sparkle in their eyes and are giddy with happiness when they look at each other. Greg and Peggy would later have two beautiful daughters, Jennifer and Tricia. Both daughters are grown adults now and are never too far from home. Their oldest daughter, Jennifer lives at home because of a medical condition. Back in 2000 while Jennifer was attending her first year at Loyola Law School, she was diagnosed with an aggressive form of brain cancer.

Fortunately, with the help of an incredible team of neurosurgeons, neurologists, and other doctors, she was put on an experimental treatment and medication that she responded to very well.

She still receives medication to help with her seizures and maintains regular visits with her doctors. With the help and support of her family, Jennifer is enjoying her life to the fullest, well beyond the years they predicted she would have. It's another reason why the Sugioka family celebrates each day together as a true gift.

Apply Strength & Balance to Your Life

Being Lakeside members for many years, the Sugioka family enjoys the many free classes and activities offered to them and they strongly believe that being active is the key to maintaining their overall health. Greg, Peggy, and Jennifer routinely participate in many programs, like strength and balance training, Griffith Park hikes,

beating the odds

movie matinees, supermarket savvy tours, and cooking classes. They have also attended health education classes on diabetes management and hypertension. Greg enjoys Tai Chi while Peggy takes Zumba and Bollywood dance.

“Strength training and tai chi helps with my balance and coordination,” says Greg. “During my time in the military, I developed a virus in my left ear that resulted in vertigo. I still experience having loss of balance. Strength training and exercise has helped a lot, otherwise I would not be able to walk or drive.” Just a little more than a year ago, Peggy discovered that she had leukemia. Fortunately,

it is the treatable form of the disease that can be managed and controlled by chemotherapy and by adopting healthy lifestyle practices such as staying physically active and eating well.

“Never take your health for granted,” adds Peggy. “My advice to everyone, especially older adults, is to always keep moving and get your annual checkups done. It’s the best thing you can do for yourself and those you love,” she says. Peggy keeps a positive attitude and embraces all the good things in life to inspire her to keep going – her loving family, most of all. The Sugiokas do everything together – as often as they can.



Life Keeps Moving and So Should You!

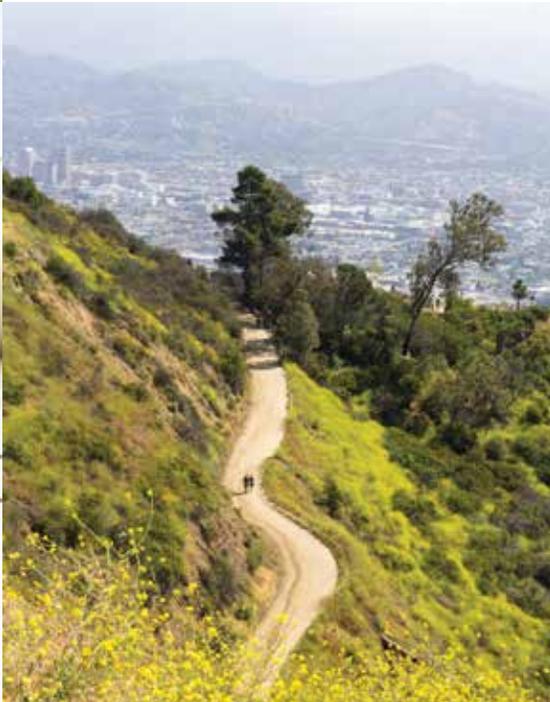
If you and your family would like to participate in any of the free classes, activities, and events just like the Sugioka family, we invite you to read through the pages of this magazine. There’s plenty to do and there’s something for everyone.

If you see something you would enjoy, just call our Reservation Specialists at **844.418.8304** to reserve your seat. We would love to see you and your family in one of our exercise or health classes. Please see reservation details on the back page of this publication.



**"Always keep moving
and get your annual
checkups done. It's the
best thing you can
do for yourself and
those you love."**

— Peggy Sugioka



CLASSES

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



America the Beautiful: Independence Day Celebration

Come celebrate our nation's independence and enjoy a fun-filled patriotic day of music, games and barbecue. Remember to wear your red, white and blue!

Offered in **Baldwin Park**



Senior Center Fashion Show

Love runway fashion? Join us for the annual Baldwin Park Senior Center Fashion Show featuring local senior models showcasing contemporary and elegant fashions.

Offered in **Baldwin Park**

Bingo

Enjoy an afternoon of fun and excitement as we play bingo. Prizes will be given to the lucky winners!

Offered in **Burbank, Menifee, Moreno Valley, San Bernardino**

BIRTHDAY CELEBRATIONS

Happy Birthday to you! Come celebrate with friends. Refreshments will be provided.

Offered in **Baldwin Park, Fallbrook, Jurupa Valley, Moreno Valley, Perris, Simi Valley**



Bob & Saul Show: A Salute to Yankee Doodle & Other Patriots

In honor of our country's day of independence, come join the entertaining duo for a musical presentation of the history and merit of famous patriotic songs.

Offered in **Burbank**



Chili Cook Off

Come show off your cooking skills in a Chili Cook Off contest. Irwindale City Employees will judge and all others are invited to enjoy the chili along with delicious corn bread, music and an afternoon of dancing.

Offered in **Irwindale**

Be ready,
be safe.

Disaster Preparedness

Learn ways to ensure you have what you need in case of a natural disaster and emergencies.

Offered in **La Puente**

Fun in the Sun Dance

Join us for a summertime dance with great food and dancing to the sounds provided by DJ Sonic Boom. Bring a friend!

Offered in **Irwindale**

Getting the Most Out of Your Medicare

Whether you are already using your Medicare benefits or are newly eligible for Medicare, having the right kind of insurance is an important part of your total health.

Join us for a unique opportunity to speak directly to and have your questions answered by a Medicare expert who is a licensed insurance agent. This informative presentation will help you make informed decisions during the upcoming Medicare Annual Enrollment Period.

Offered in **Buena Park, Burbank, Glendale, Mission Hills, Newhall, North Hollywood, Simi Valley, Thousand Oaks, West Covina, West Hills**



GROCERY BAG BUNCO

Players Wanted! We are looking for players to join us for laughs and fun. Never played before? It is similar to bingo and easy to learn. Everyone will have a chance of winning a great prize.

Offered in **Irwindale**

Ready to roll a bunco!



Health and Wellness Expo

Please join us for the Annual Wilkinson Center Senior Expo. Enjoy a free day of fun! The event will include exhibitors, health screenings, fitness demo, giveaways, and live performances!

Offered in **Northridge**



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, La Habra, Long Beach, Los Angeles, Norwalk, Santa Ana, West Covina**

Healthy San Fernando Open Streets

Immediately following the 5K Walk and Run, the streets will be closed to motor vehicles to give the public the opportunity to walk, bike, or take transit and to participate in walking fun-zones, farmers markets, view historic architecture, regional parks, physical activity challenges, music and dance performances, and street art exhibitions.

Offered in **San Fernando**

Hotter than July Senior Social

Get out of the heat and join us for an afternoon of fun, friends and cool refreshments.

Offered in **Rialto**

Ice Cream Social

Take a break from the Summer heat and join us for a delightful treat!

Offered in **Burbank, Jurupa Valley, Menifee, North Hollywood, Pasadena, Riverside, Simi Valley, Valencia**



Inland Empire Senior Games Opening Ceremony

Come join us for the Opening Ceremony of the 2017 Senior Games. This year more than 250 older adults are expected to participate in various sports such as tennis, basketball and golf. Come support and celebrate the local athletes and enjoy the festivities.

Offered in **Fontana**



Intergenerational Book Club

No matter your age, if you enjoy reading and meeting new people in the community of all ages, come join the Intergenerational Book Club.

Offered in **Irwindale**

La Lotería

Similar to bingo, La Lotería is a traditional Mexican game of chance. Join us for fun, friends and prizes.

Offered in **Irwindale, Jurupa Valley, Menifee, Perris, Riverside, San Bernardino, Whittier**

Mexican Independence Day Celebrations

Join us in commemorating Mexican Independence Day with music, traditional dance performances, food, games, prizes, and much more.

Offered in **Baldwin Park, San Bernardino**



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**



Senior Potluck

Join us for a potluck and enjoy a variety of foods; bring something to contribute to this monthly event with welcoming friends.

Offered in **Redlands**



Hemet location opening!

Rancho Family Medical Group Open House

Come join us for some fun at the Grand Opening of Rancho Family Medical Group's new state of the art facility in Hemet. Tours of the facility, free health screenings and demonstrations, kids' activities and refreshments will be provided.

Offered in **Hemet**

ROLLING CART Food Distribution Program

"Feeding America" offers food distribution every first and third Friday of the month.

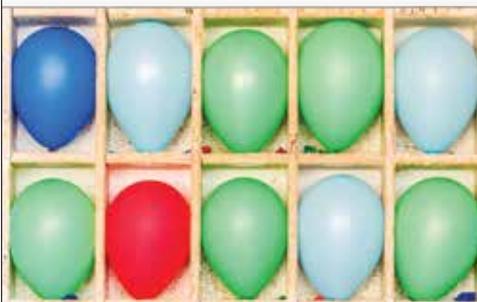
Offered in **Riverside**

Feed those in need!

Senior Center Carnival

Enjoy circus and carnival inspired games, dancing, contests, and yummy snacks that will be available to enjoy throughout the afternoon.

Offered in **Irwindale**



Summer Evening Entertainment Series

Come join us for summer evenings spent at the park with fun activities for the entire family! Listen to a variety of local bands, play bingo and other games, watch movies with the kids, and enjoy live entertainment from the Covina Concert Band.

Offered in **Covina**



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.

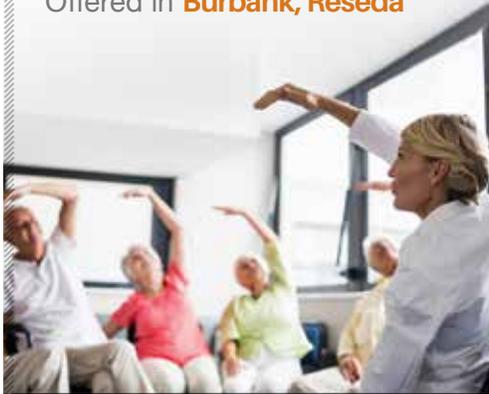
Offered in **Reseda**



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 walker or wheelchair.

Offered in **Burbank, Reseda**



Beginning Tap/Jazz

This low-impact dance class focuses on learning choreographed routines that have "modified" dance steps that are easier on the knees and body.

Here are some helpful tips to consider on your first day:

- Dress in comfortable clothes that you can move around in
- Wear comfortable shoes with sturdy support
- If you own a pair of tap dance shoes, bring them along
- Smile and get ready to have fun in a warm and friendly environment

Offered in **Reseda**

Bollywood Dance

This class features easy-to-follow cardio and strength-building fitness routines 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 background, all levels are welcome. No previous experience necessary.

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

CHAIR YOGA

Chair yoga is a gentle form of yoga that is practiced sitting on a chair, or standing using a chair for support. 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 **Sherman Oaks**



Numerous routines for all!

No bell bottoms required



Disco Dancing

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!

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**

FAMILY FUN WORKOUT

This program is designed for family members 9-90. The class will incorporate progressive resistance training, stretching, tai chi, yoga and circuit training. The session will help you 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**

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**

Cultural dances monthly



Brand new class!



BEACH WALK

Led by one of our health educators, join us for a moderately paced walk along the beautiful beach and pier. Get the body moving and meet new friends!

Offered in **Long Beach**

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 and the program is tailored to your specific needs.

Offered in **Chatsworth**



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. While strollers are not permitted on the trail, please feel free to bring babies along in a kangaroo carrier so they can enjoy the outdoors while you get active! Wear comfortable shoes that have a good grip, sunblock, a hat, and/or sunglasses to protect you from the sun.

Offered in **Hacienda Heights**

RHYTHM & MOVES

Come and get an intermediate to vigorous level of fun and cardio, with a host of different styles of dance and different styles of music.

Offered in **Chatsworth, San Fernando**

Fitness & Yoga

This popular and long-running class includes stretching, low-impact aerobics and light weight lifting exercises for improved fitness. Yoga helps improve pain relief, breathing, increases strength, flexibility and circulation, and helps you focus on the present.

Offered in **Simi Valley**

Strength and Balance Training

This class focuses on strengthening and toning the entire body and starts with a 5-10 minute introduction about the benefits of exercise. 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.

Offered in **Burbank, Glendale, Perris, 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 as well as a form of martial arts therapy.

Offered in **Glendale, West Covina**

Walk Our Way

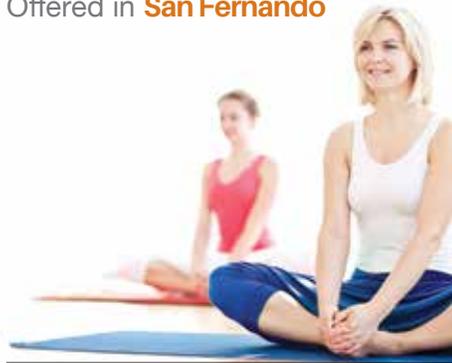
Offered in a safe and temperature controlled local mall, join us for a weekly walk at the popular Buena Park Mall. Meet new friends, and participate in free raffles.

Offered in **Buena Park**

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

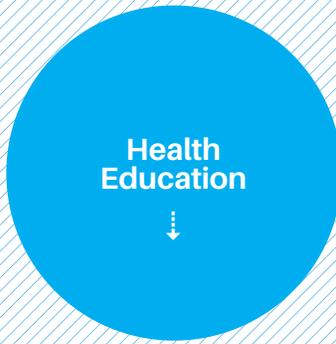
Have fun and move to the music through a variety of dance steps designed to increase your muscular strength and range of movement. Remember to wear comfortable clothes and shoes with sturdy support.

Offered in **West Covina, Whittier**

Zumba Gold

This type of Zumba is designed especially for older adults or those looking for a low-impact workout set to lively Latin music. Remember to wear comfortable clothes and shoes with sturdy support.

Offered in **Burbank, Glendale, Tarzana**



Better Bones

Come join our class to learn important ways and practical tips to maintaining healthy bones.

Offered in **West Covina**

Blood Pressure Check

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**

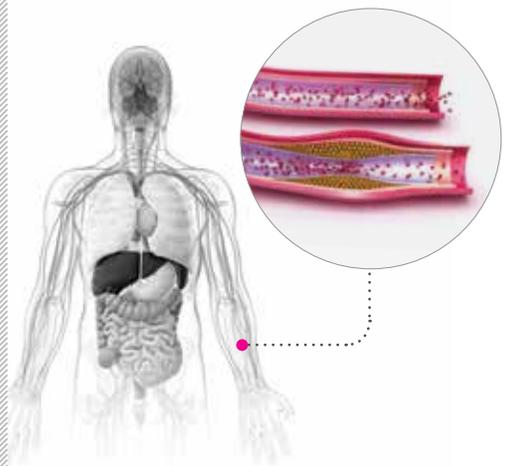
Schedule
a doctor's
visit today



Brain Health as You Age

The brain is the most complex organ and it's also one of the most important. That's why keeping it healthy is critical—especially as you get older. Learn about brain health and how you can make the most of your brain, as you get older.

Offered in **Temecula**



CHOLESTEROL MANAGEMENT

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. Parking is free with validation.

Offered in **Burbank**

Chronic Disease Management Support Group

This monthly meeting is an open forum for everyone living with or taking care of someone with any type of chronic disease. We will discuss managing complications, diet, medications, and stress and share practical tips and resources for coping with chronic disease.

Offered in **Garden Grove**

Dementia in Older Adults

Presented by the Alzheimer's Association of Orange County, this class will focus on the difference between dementia and Alzheimer's disease and present ways of detecting the early stages of Alzheimer's. Find out about different services and resources offered in the community.

Offered in **Garden Grove**

Presented in Vietnamese



Diabetes Empowerment Education Program (DEEP™)

The Diabetes Empowerment Education Program is a Medicare-approved, evidence-based diabetes education program *for people with prediabetes or diabetes*.

Participants will gain the knowledge 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 888.787.1712 to reserve your spot. If you have specific questions about the program, please send an email

Receive a \$100 gift card*



to healthyway@regalmed.com or call the Health Education department at 888.227.3463.

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

Offered in **Anaheim, Buena Park, Burbank, Garden Grove (Vietnamese), Glendale, San Bernardino, Simi Valley, Thousand Oaks, West Covina**

Diabetes Support Group

These monthly meetings led by a health educator are for those with diabetes and their family members to learn ways to better manage the disease. Offered in a supportive environment, various topics will be presented and participants will share coping tips and resources.

Offered in **West Covina**

DOC TALK

Learn lifestyle tips and preventive practices from one of our local physicians to help keep you on a path to good health and wellness. Call the Reservation Line after July 1st to find out more about the topic and presenter.

Offered in **Buena Park**

Say hello
→



Drink Up!

Your body uses water in all its cells, organs, and tissues to help regulate its temperature and maintain other bodily functions. This class will cover how to check for dehydration, how to calculate your water intake and how to keep properly hydrated. Different types of water - tap or bottled electrolytes, and others will be presented.

Offered in **North Hollywood, Whittier**

Taught by
Dr. Heather
Shenkman

Healthy Heart Living with Dr. Heather Shenkman

Keeping your heart healthy is critical to your well-being. Good nutrition and exercise also plays a very important factor in heart health. Learn how to take control of your health and possibly turn the ill effects of heart disease around. Class will be taught by cardiologist and Ironman Triathlete, Dr. Heather Shenkman from the Burbank clinic.

Offered in **Burbank**

Healthy Heart Living

What foods will help manage my cholesterol? What are good choices for low-sodium foods? How do I start a regular exercise plan? All these questions and more will be answered to help you learn ways to control heart disease and maintain a healthy heart.

Offered in **Glendale, Menifee, Mission Hills**

High Blood Pressure and Your Health

High blood pressure also known as hypertension is a major risk factor leading to heart disease and stroke. 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 high sodium foods to avoid and which are better low-sodium choices.

Offered in **Murrieta**





Know Your Numbers

Don't know the meaning of some of your medical test results? Join us to learn about routine medical lab tests including what they are testing, what scores mean, how often they are needed and how to talk to your doctor about them.

Offered in **Pasadena**

MEDICATION CHECK-UP

Bring your medications and supplements or a list of them and a pharmacist will review with you to ensure you know how they work and how to use safely.

Offered in **West Covina**

Preserving Your Memory

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 and exercises to help retain your memory power.

Offered in **Irwindale, Whittier**

Preventing Diabetes

Diabetes can be delayed and even prevented with the adoption of healthier habits during the prediabetes stage. Join us to learn practical and easy lifestyle changes related to diet, physical activity, stress management and more that can help avert this serious disease.

Offered in **Mission Hills**

SUMMER FUN & SAFETY

Want to learn how to stay safe under the sun? Come join our summer safety class to learn healthy tips that the whole family can use to enjoy a fun and safe Summer.

Offered in **Glendale, La Puente**

Understanding Dementia: Finances

Presented in Vietnamese

Learn about financial issues and considerations related to the care of those with dementia. Housing options and other community and health care resources will be presented.

Offered in **Garden Grove**

Weight Management

Using the "plate method", learn which foods to avoid or increase to manage your weight for weight loss, or weight maintenance. Practical tips will be provided to keep you motivated and on track.

Offered in **Burbank, Glendale**



Healthy
Nutrition



Cooking Class: Foods that Promote a Healthy Circulatory System

Learn about 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 **Menifee**

Cooking Class: FRUITS & VEGGIES: MORE MATTERS

Given the increase in chronic diseases among all age groups, eating a diet rich in a variety of colorful fruits and vegetables is more important than ever. Join this national campaign in September to learn delicious and affordable ways to add more fruits and vegetables to your daily diet.

Offered in **Anaheim, Buena Park, Burbank, Glendale, Irwindale, Perris, Reseda, Riverside, Temecula, West Covina**



Cooking Class: HEALTHY EATING ON A BUDGET

When money is tight and time is short, it may seem difficult to maintain a healthy diet. But with a few tips, you can achieve affordable, convenient and nutritious food. Join us and taste some delicious and inexpensive healthy food options.

Offered in **Glendale**

Great
food at a
great price





Cooking Class:
**HEALTHY
EATING
ON THE RUN**

Eating right is essential to keeping your body running at its best. Whether you're a vegetarian, athlete, busy parent, grandparent or a jet-setting executive, it's important to build an eating plan with your unique lifestyle and nutritional needs in mind. Learn cooking and eating tips that support your busy way of life.

Offered in **Glendale, Temecula**



Cooking Class:
Healthy Snacking

Snacks are an important component of a healthy lifestyle. 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 **Buena Park, Burbank, Garden Grove (Vietnamese), Irwindale, Murrieta, Perris, Reseda, Riverside, West Covina**



Cooking Class:
**I Can't Believe
it's not Ceviche**

Ceviche is a popular seafood dish consumed throughout parts of Mexico, Central, and South America. Join us for a demonstration and tasting of an alternative ceviche that replaces the seafood with whole grain rice and green apples resulting in a

delicious, affordable and healthy dish. It is a great alternative option for vegans, those looking to manage their seafood intake, or those who have allergies to seafood. Come see how this lite and refreshing dish is prepared, and take home the recipe to share with family and friends!

Offered in **Irwindale**

Cooking Class:
**SUMMER EATING
AND FOOD
SAFETY**

Our health educators will present ideas for lite and healthy foods just right for the hot summer months. They will prepare a selection, offer samples and remind you of ways to keep your foods safe in the heat.

Offered in **Burbank, Glendale, Perris, Reseda, Riverside, West Covina**





Cooking Class: *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.

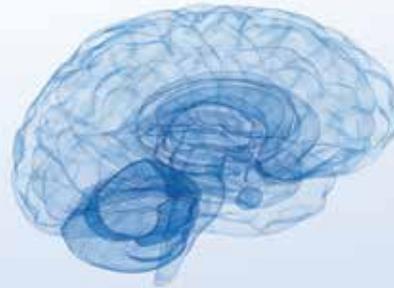
Offered in **Fallbrook**



Foods that Promote Brain Health

Which nutrients encourage optimal brain health? Which foods help preserve memory and cognition? Join us as we discuss the research regarding nutrition and brain health and find ways to incorporate these nutrients into your diet.

Offered in **Pasadena**



Nutrition for Hypertension & 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 and have

the health educator teach you how to properly select healthy foods that will help to manage your condition.

Offered in **Burbank, Glendale, Pasadena**

NUTRITION FOR WEIGHT LOSS

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 **Glendale, Simi Valley, Thousand Oaks, West Hills**



Supermarket Savvy

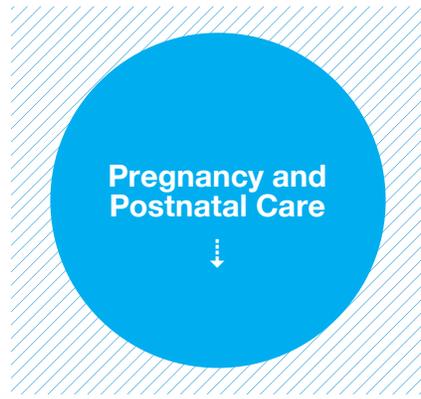
Join us for a local market group tour and learn how to read food labels and make healthy and affordable food choices.

Offered in **Buena Park, Northridge, Valencia**

Vegetarian Meal Planning

As more and more individuals reduce their carnivorous ways, one essential question remains: Are vegetarian and vegan diets healthy? The answer is, yes. If appropriately planned, these diets can be healthy, nutritionally adequate, and may provide benefits in the prevention and treatment of certain diseases. Come get the facts on vegetarian meal planning.

Offered in **Glendale**



Receive a \$100 gift card*

BUMP TO BABY

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 **Garden Grove, Glendale, Orange, Santa Clarita, West Covina, West Hills**

Class 1: You and 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 **Simi Valley, Thousand Oaks**



New class!

BABYFIT

Calling all mommies and their babies (4 through 15 months)! BabyFit (previously named "Mommy and Me Fitness") is a great way to be active while bonding with your new baby and meeting other local moms. Each week, our health educator, Margarita Maldonado-Barragan, will present a different topic for group discussion and sharing in a supportive environment. Please wear comfortable shoes that have a good grip and bring a baby wrap or kangaroo carrier.

Offered in **West Covina**



Baby wraps



Kangaroo carriers



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 **Simi Valley, Thousand Oaks, West Covina, West Hills**



Locations and Dates

DETAILS

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

Anaheim

July 27

August 24

September 28

Thursdays, 12:00pm-1:00pm

Health Chats (Charlas)

Northgate Market

2030 E. Lincoln Ave.

Anaheim 92806

August 1, 8, 15, 22, 29

September 5

Tuesdays, 10:30am-12:30pm

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

Anaheim Central Library

500 W. Broadway

Anaheim 92805

September 22

Friday, 11:00am-12:00pm

Cooking Class:

Fruits & Veggies: More Matters

Downtown Anaheim Community Center

250 E. Center St.

Anaheim 92805

Baldwin Park

July 3

Monday, 9:00am-1:00pm

**America the Beautiful:
Independence Day Celebration**

Julia McNeill Senior Center of Baldwin

Park (Celebration Hall)

4100 Baldwin Park Blvd.

Baldwin Park 91706

July 19

August 16

September 20

Wednesdays, 12:30pm-2:30pm

Birthday Celebration

Julia McNeill Senior Center of Baldwin

Park (Celebration Hall)

4100 Baldwin Park Blvd.

Baldwin Park 91706

August 16

Wednesday, 9:30am-11:00am

Senior Center Fashion Show

Julia McNeill Senior Center

of Baldwin Park (Celebration Hall)

4100 Baldwin Park Blvd.

Baldwin Park 91706

September 15

Friday, 9:00am-11:00am

**Mexican Independence Day
Celebrations**

Julia McNeill Senior Center

of Baldwin Park (Celebration Hall)

4100 Baldwin Park Blvd.

Baldwin Park 91706

Buena Park

July 31

August 28

September 25

Mondays, 8:00am-9:00am

Walk Our Way

Buena Park Downtown Mall

8308 On The Mall

Buena Park 90620

August 18

Friday, 11:00am-12:00pm

Cooking Class:

Healthy Snacking

Buena Park Senior Center

8150 Knott Ave.

Buena Park 90620

August 23, 30

September 6, 13, 20, 27

Wednesdays, 1:00pm-3:00pm

Diabetes Empowerment Education Program (DEEP™)

Buena Park Senior Center
8150 Knott Ave.
Buena Park 90620

August 30

Wednesday, 11:00am-12:30pm

Doc Talk

Buena Park Senior Center
8150 Knott Ave.
Buena Park 90620

Call reservation line by July 1st for physician and topic information

September 6

Wednesday, 11:00am-12:00pm

Getting the Most Out of Your Medicare

Buena Park Senior Center
8150 Knott Ave.
Buena Park 90620

September 15

Friday, 11:00am-12:00pm

Cooking Class: Fruits & Veggies: More Matters

Buena Park Senior Center
8150 Knott Ave.
Buena Park 90620

September 26

Tuesday, 1:00pm-2:00pm

Supermarket Savvy

Northgate Market
6991 Lincoln Ave.
Buena Park 90620

Burbank

Thursdays, 2:30pm-3:30pm

Be Fit While You Sit

Joslyn Adult Center
1301 W. Olive Ave.
Burbank 91560

Thursdays, 1:00pm-2:00pm

Strength and Balance Training

Joslyn Adult Center
1301 W. Olive Ave.
Burbank 91560

Mondays 1:00pm-2:00pm

Tuesdays 11:00am-12:00pm

Bollywood Dance

Media City Dance Studio
237 E. Palm Ave.
Burbank 91502
No Class July 4th

July 7, 14, 21, 28

August 4, 11, 18, 25

September 1, 8, 15, 22, 29

Every Friday, 9:00am-10:00am

Zumba Gold

Exceleration Studio
443 Irving Dr.
Burbank 91504

July 11

Tuesday, 12:00pm-1:00pm

Ice Cream Social

Menchie's Frozen Yogurt
3800 W. Verdugo Ave.
Burbank 91505

July 11

August 8

September 12

Tuesdays, 11:00am-11:45am

Nutrition for Hypertension & Cholesterol

Lakeside Community Healthcare
191 S. Buena Vista St.
Burbank 91505

Parking is free with validation.

(2nd Tue of each month)

July 12, 19, 26

August 2, 9, 16

Wednesdays, 9:30am-11:30am

Diabetes Empowerment Education Program (DEEP™)

Lakeside Community Healthcare
191 S. Buena Vista St.
Burbank 91505

July 13

August 3

September 7

Thursdays, 4:00pm-5:00pm

Weight Management

Lakeside Community Healthcare
191 S. Buena Vista St.
Burbank 91505

July 14

Fridays, 9:30am-10:30am

Cooking Class:

Summer Eating and Food Safety

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

Locations and Dates *(Continued)*

July 19

Wednesday, 1:00pm-2:30pm

Healthy Heart Living with Dr. Heather Shenkman

Joslyn Adult Center
1301 W. Olive Ave.
Burbank 91506

July 20

August 17

September 21

Thursdays, 1:00pm-2:45pm

Bingo

Joslyn Adult Center
1301 W. Olive Ave.
Burbank 91506

July 25

August 29

September 26

Tuesdays, 10:30am-11:30am,
and 4:00pm-5:00pm

Getting the Most Out of Your Medicare

Lakeside Community Healthcare
(2nd Floor Conference Room)
191 S. Buena Vista St.
Burbank 91505

July 31

Monday, 2:00pm-3:30pm

Bob and Saul Show: Salute to Yankee Doodle and Other Patriots

Joslyn Adult Center
1301 W. Olive Ave.
Burbank 91506

August 11

Friday, 3:00pm-3:45pm

Cholesterol Management

Lakeside Community Healthcare
191 S. Buena Vista St.
Burbank 91505

August 11

Friday, 9:30am-10:30am

Cooking Class: Healthy Snacking

Joslyn Adult Center
1301 W. Olive Ave.
Burbank 91506

August 16

Wednesday, 1:00pm-2:30pm

Getting the Most Out of Your Medicare

Joslyn Adult Center
1301 W. Olive Ave.
Burbank 91506

September 15

Friday, 1:00pm-2:30pm

Cooking Class: Fruits & Veggies: More Matters

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

Chatsworth

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

Param Yoga

21750 Devonshire St.
Chatsworth 91311

Saturdays, 10:30am-11:30am

Param Yoga

21750 Devonshire St.
Chatsworth 91311

Thursdays, 11:00am-12:00pm

Bollywood Dance

California Dance Academy
9741 Independence Ave.
Chatsworth 91311

July 21, 28

August 11, 18, 25

September 8, 15, 22, 29

Fridays, 10:00am-11:00am

Rhythm and Moves

California Dance Academy
9741 Independence Ave.
Chatsworth 91311

Covina

July 3, 10, 17, 24, 31

Mondays, 7:30pm-9:00pm

Summer Evening

Entertainment Series: Covina Concert Band

Covina Park
301 4th Ave.
Covina 91723

July 4, 11, 18, 25

Tuesdays, 6:30pm-9:30pm

Summer Evening

Entertainment Series: “Kids’ Night Out”

Covina Park
301 4th Ave.
Covina 91723

July 6, 13, 20, 27

Thursdays, 7:30pm-9:00pm

Summer Evening

Entertainment Series:

Bingo Night

Covina Park
301 4th Ave.
Covina 91723

August 5

Saturday, 5:00pm-9:30pm

Summer Evening

Entertainment Series:

End of Summer Concert

Covina Park
301 4th Ave.
Covina 91723

Fallbrook

July 5

September 6

Wednesdays, 10:30am-12:00pm

Birthday Celebration

Fallbrook Senior Center
399 Heald Lane
Fallbrook 92028

July 12

Wednesday, 10:30am-11:30am

Cooking Class:

What is Clean Eating?

Fallbrook Senior Center
399 Heald Lane
Fallbrook 92028

Fontana

September 29

Friday, 1:00pm-4:00pm

Inland Empire Senior Games

Opening Ceremony

Fontana Community Center
16710 Ceres Ave.
Fontana 92335

Garden Grove

July 7

Friday, 10:00am-12:00pm

Bump to Baby Class 1

(You and Your Pregnancy)

(Presented in Vietnamese)

Nhan Hoa Comprehensive
Health Care Clinic
7761 Garden Grove Blvd.
Garden Grove 92841

July 14

Friday, 10:00am-12:00pm

Bump to Baby Class 2

(Baby Basics)

(Presented in Vietnamese)

Nhan Hoa Comprehensive
Health Care Clinic
7761 Garden Grove Blvd.
Garden Grove 92841

July 21

Friday, 10:00am-12:00pm

Bump to Baby Class 3

(Postnatal Care)

(Presented in Vietnamese)

Nhan Hoa Comprehensive
Health Care Clinic
7761 Garden Grove Blvd.
Garden Grove 92841

July 28

Friday, 10:00am-12:00pm

Bump to Baby Class 4

(Celebrating You)

(Presented in Vietnamese)

Nhan Hoa Comprehensive
Health Care Clinic
7761 Garden Grove Blvd.
Garden Grove 92841

July 25

Tuesday, 10:00am-12:00pm

Cooking Class:

Healthy Snacking

(Presented in Vietnamese)

Nhan Hoa Comprehensive
Health Care Clinic
7761 Garden Grove Blvd.
Garden Grove 92841

July 26

August 30

September 27

Wednesdays, 12:30pm-2:00pm

Chronic Disease Management

Support Group

Pathway Medical
12462 Brookhurst St.
Garden Grove 92840

Locations and Dates *(Continued)*

August 16

Wednesday, 10:00am-12:00pm

Dementia in Older Adults (Presented in Vietnamese)

PAGE

13300 Garden Grove Blvd.

Garden Grove 92841

*Presented by the Alzheimer's
Association of Orange County*

September 2

Saturday, 9:00am-10:30am

Understanding

Dementia: Finances

(Presented in Vietnamese)

Nhan Hoa Comprehensive

Health Care Clinic

7761 Garden Grove Blvd.

Garden Grove 92841

*Presented by the Alzheimer's
Association of Orange County*

September 12, 19, 26

October 3, 10, 17

Tuesdays, 10:00am-12:00pm

Diabetes Empowerment Education Program (DEEP™)

(Presented in Vietnamese)

Nhan Hoa Comprehensive

Health Care Clinic

7761 Garden Grove Blvd.

Garden Grove 92841

Glendale

Tuesdays, 9:00am-10:00am

Zumba Gold

Karavan Dance Studio

1626 S. Central Ave.

Glendale 91204

July 5, 12, 19, 26

August 2, 9, 23, 30

September 6, 13, 20, 27

Wednesdays, 12:00pm-1:00pm

Strength and Balance Training

Karavan Dance Studio

1626 S. Central Ave.

Glendale 91204

July 5, 12, 19, 26

August 2, 9, 23, 30

September 6, 13, 20, 27

Wednesdays, 1:00pm-2:00pm

Tai Chi

Karavan Dance Studio

1626 S. Central Ave.

Glendale 91204

July 11, 18, 25

August 1, 8, 15

6 Consecutive Tuesdays,

9:00am-11:00am

Diabetes Empowerment

Education Program (DEEP™)

Lakeside Community Healthcare

1500 S. Central Ave., Suite 200A

Glendale 91204

July 12

September 13

Wednesdays, 10:00am-11:00am

Vegetarian Meal Planning

Lakeside Community Healthcare

1500 S. Central Ave.

Glendale 91204

July 17

September 18

Mondays, 10:00am-11:00am

Healthy Heart Living

Lakeside Community Healthcare

1500 S. Central Ave., Suite 200A

Glendale 91204

July 21

Friday, 2:00pm-3:00pm

Cooking Class:

Summer Eating and Food Safety

Glendale Adult Recreation Center

201 E. Colorado St.

Glendale 91205

*Parking is available on S. Louise St. or
at the parking structure located on the
corner of E. Harvard St. & S. Maryland
Ave. Parking will be validated.*

July 24

Monday, 10:00am-11:00am

Nutrition for Hypertension

& Cholesterol

Lakeside Community Healthcare

1500 S. Central Ave., Suite 200A

Glendale 91204

Parking is free with validation.

(2nd Tue of each month)

July 27

Thursday, 10:30am-11:30am and
3:00pm-4:00pm

Getting the Most Out of Your Medicare

Lakeside Community Healthcare

1500 S. Central Ave.

Glendale 91505

August 7

Monday, 5:00pm-7:00pm

Bump to Baby Class 1 (You and Your Pregnancy)

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

August 11

Friday, 2:00pm-3:00pm

Summer Fun and Safety

Glendale Adult Recreation Center
201 E. Colorado St.
Glendale 91205

Parking is available on S. Louise St. or at the parking structure located on the corner of E. Harvard St. & S. Maryland Ave. Parking will be validated.

August 14

Monday, 5:00pm-7:00pm

Bump to Baby Class 2 (Baby Basics)

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

August 14

September 11

Mondays, 10:00am-11:00am

Weight Management

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

August 21

Monday, 5:00pm-7:00pm

Bump to Baby Class 3 (Postnatal Care)

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

August 22, 29

September 5, 12, 19, 26

6 Consecutive Tuesdays,

9:00am-11:00am

Diabetes Empowerment Education Program (DEEP™)

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

August 23

September 27

Wednesdays, 10:00am-11:00am

Nutrition for Weight Loss

Lakeside Community Healthcare
1500 S. Central Ave.
Glendale 91204

August 25

Friday, 2:00pm-3:00pm

Cooking Class:

Healthy Eating on the Run

Glendale Adult Recreation Center
201 E. Colorado St.
Glendale 91205

Parking is available on S. Louise St. or at the parking structure located on the corner of E. Harvard St. & S. Maryland Ave. Parking will be validated.

August 28

Monday, 5:00pm-7:00pm

Bump to Baby Class 4 (Celebrating You)

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

August 31

Thursday, 11:00am-12:00pm and
3:00pm-4:00pm

Getting the Most Out of Your Medicare

Lakeside Community Healthcare
1500 S. Central Ave.
Glendale 91505

September 8

Friday, 2:00pm-3:00pm

Cooking Class:

Fruits & Veggies: More Matters

Glendale Adult Recreation Center
201 E. Colorado St.
Glendale 91205

Parking is available on S. Louise St. or at the parking structure located on the corner of E. Harvard St. & S. Maryland Ave. Parking will be validated.

September 22

Friday, 2:00pm-3:00pm

Cooking Class:

Healthy Eating on a Budget

Glendale Adult Recreation Center
201 E. Colorado St.
Glendale 91205

Parking is available on S. Louise St. or at the parking structure located on the corner of E. Harvard St. & S. Maryland Ave. Parking will be validated.

Locations and Dates *(Continued)*

September 29

Friday, 10:30am-11:30am and
3:00pm-4:00pm

Getting the Most Out of Your Medicare

Lakeside Community Healthcare
1500 S. Central Ave.
Glendale 91505

Hacienda Heights

July 26

August 23

September 6, 20

Wednesdays, 8:30am-9:30am

Raising a Little Health

Hacienda Hills Trailhead
14500 7th Ave.
Hacienda Heights 91745

Hemet

New
location!

September 16

Saturday, 10:00am-2:00pm

Rancho Family Medical Group Open House!

3853 W. Stetson Ave.
Hemet 92545

Irwindale

July 19

Wednesday, 11:00am-12:00pm

Cooking Class: I Can't Believe It's Not Ceviche

Irwindale Senior Center
16116 Arrow Hwy.
Irwindale 91706

July 28

Friday, 12:00pm-3:00pm

Fun in the Sun Dance

Irwindale Senior Center
16116 Arrow Hwy.
Irwindale 91706

August 2, 9, 16, 23, 30

Wednesdays, 1:00pm-2:00pm

Intergenerational Book Club

Irwindale Senior Center
(Multipurpose Room)
16116 Arrow Hwy.
Irwindale 91706

August 16

Wednesday, 11:00am-12:00pm

Cooking Class: Healthy Snacking

Irwindale Senior Center
16116 Arrow Hwy.
Irwindale 91760

August 18

Friday, 12:00pm-3:00pm

Senior Center Carnival

Irwindale Senior Center
16116 Arrow Hwy.
Irwindale 91706

August 22

Tuesday, 11:00am-12:00pm

Preserving Your Memory

Irwindale Senior Center
16116 Arrow Hwy.
Irwindale 91706

August 25

Friday, 1:00pm-2:30pm

Grocery Bag Bunco

Irwindale Senior Center
16116 Arrow Hwy.
Irwindale 91706

September 15

Friday, 1:00pm-2:30pm

La Lotería

Irwindale Senior Center
16116 Arrow Hwy.
Irwindale 91706

September 19

Tuesday, 11:00am-12:00pm

Cooking Class: Fruits & Veggies: More Matters

Irwindale Senior Center
16116 Arrow Hwy.
Irwindale 91706

September 22

Friday, 1:00pm-2:30pm

Chili Cook Off

Irwindale Senior Center
16116 Arrow Hwy.
Irwindale 91706

Jurupa Valley

July 20

Thursday, 12:00pm-1:30pm

Ice Cream Social

Eddie Dee Smith Senior Center
5888 Mission Blvd.
Jurupa Valley 92509

August 17

Thursday, 12:00pm-1:30pm

La Lotería

Eddie Dee Smith Senior Center
5888 Mission Blvd.
Jurupa Valley 92509

September 21

Thursday, 12:00pm-1:30pm

Birthday Celebration

Eddie Dee Smith Senior Center
5888 Mission Blvd.
Jurupa Valley 92509

La Habra

New location!

July 13

August 10

September 14

Thursdays, 10:00am-11:00am,
11:30am-12:30pm

Health Chats (Charlas)

Northgate Market
1305 W. Whittier Blvd.
La Habra, CA 90631

La Puente

July 6

Thursday, 10:00am-11:00am

Summer Fun and Safety

La Puente Senior Center
16001 Main St.
La Puente 91744

September 7

Thursday, 10:00am-11:00am

Disaster Preparedness

La Puente Senior Center
16001 Main St.
La Puente 91744

Long Beach

July 14

August 11

September 15

Fridays, 11:00am-12:00pm

Beach Walk

Belmont Veterans Memorial Pier
15 39th Place
Long Beach 90803
Parking will be validated. Meet at the beginning of Belmont Pier near the stairs.

July 25

August 22

September 26

Tuesdays, 10:00am-11:00am,
11:30am-12:30pm

Health Chats (Charlas)

Northgate Market
4700 Cherry Ave.
Long Beach 90807

Los Angeles

August 1

September 5

Tuesdays, 10:00am-11:00am,
11:30am-12:30pm

Health Chats (Charlas)

Northgate Market
944 E. Slauson Ave.
Los Angeles 90011

Menifee

July 19

Wednesday, 12:45pm-2:00pm

Ice Cream Social

Kay Cenicerros Senior Center
29995 Evans Rd.
Menifee 92586

July 28

Friday, 10:00am-11:30am

Cooking Class:

Foods that Promote a Healthy Circulatory System

Kay Cenicerros Senior Center
29995 Evans Rd.
Menifee 92586

August 11

Friday, 10:00am-11:30am

Healthy Heart Living

Kay Cenicerros Senior Center
29995 Evans Rd.
Menifee 92586

Locations and Dates *(Continued)*

August 23

Wednesday, 1:00pm-2:30pm

Bingo

Kay Cenicerros Senior Center
29995 Evans Rd.
Menifee 92586

September 7

Thursday, 1:00pm-2:30pm

La Lotería

Kay Cenicerros Senior Center
29995 Evans Rd.
Menifee 92586

Mission Hills

July 19

September 20

Wednesdays, 1:00pm-2:00pm

Healthy Heart Living

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

July 19

September 20

Wednesdays, 2:00pm-3:00pm

Preventing Diabetes

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

July 26

Wednesday, 11:00am-12:00pm,
and 4:00pm-5:00pm

Getting the Most Out of Your Medicare

Coco's Bakery
10841 Sepulveda Blvd.
Mission Hills 91345

August 30

Wednesday, 11:00am-12:00pm,
and 4:00pm-5:00pm

Getting the Most Out of Your Medicare

Coco's Bakery
10841 Sepulveda Blvd.
Mission Hills 91345

September 28

Thursday, Wednesday, 11:00am-
12:00pm and 4:00pm-5:00pm

Getting the Most Out of Your Medicare

Coco's Bakery
10841 Sepulveda Blvd.
Mission Hills 91345

Moreno Valley

July 5

August 9

September 13

Wednesdays, 1:00pm-3:00pm

Bingo

Moreno Valley Senior Center
25075 Fir Ave.
Moreno Valley 92552

July 24

August 28

September 25

Mondays, 12:00pm-1:00pm

Birthday Celebration

Moreno Valley Senior Center
25075 Fir Ave.
Moreno Valley 92552

Murrieta

July 31

Monday, 11:30am-1:30pm

High Blood Pressure & Your Health

Murrieta Senior Center
5 Town Square
Murrieta 92562

September 20

Wednesday, 11:30am-1:30pm

Cooking Class: Healthy Snacking

Murrieta Senior Center
5 Town Square
Murrieta 92562

Newhall

July 20

Thursday, 11:00am-12:00pm,
and 4:00pm-5:00pm

Getting the Most Out of Your Medicare

Coco's Bakery
24930 Pico Canyon Rd.
Newhall 91381

August 24

Thursday, 11:00am-12:00pm,
and 4:00pm-5:00pm

Getting the Most Out of Your Medicare

Coco's Bakery
24930 Pico Canyon Rd.
Newhall 91381

September 19

Tuesday, 11:00am-12:00pm,
and 4:00pm-5:00pm

Getting the Most Out of Your Medicare

Coco's Bakery
24930 Pico Canyon Rd.
Newhall 91381

North Hollywood

July 26

Wednesday, 1:00pm-2:00pm,
and 3:00pm-4:00pm

Getting the Most Out of Your Medicare

Denny's Restaurant
11377 Burbank Blvd.
North Hollywood 91601

August 8

Tuesday, 12:00pm-1:00pm

Ice Cream Social

Yogurtland
10936 W. Magnolia Blvd.
North Hollywood 91601

August 17

Thursday, 1:00pm-2:30pm

Drink Up!

North Hollywood Branch Library
5211 Tujunga Ave.
North Hollywood 91601

August 30

Wednesday, 1:00pm-2:00pm,
and 3:00pm-4:00pm

Getting the Most Out of Your Medicare

Denny's Restaurant
11377 Burbank Blvd.
North Hollywood 91601

September 28

Thursday, 1:00pm-2:00pm
and 3:00pm-4:00pm

Getting the Most Out of Your Medicare

Denny's Restaurant
11377 Burbank Blvd.
North Hollywood 91601

Northridge

August 1

September 5

Tuesdays, 9:00am-10:00am

Blood Pressure Check

Wilkinson Senior Center
8956 Vanalden Ave.
Northridge 91324

August 12

Saturday, 9:30am-2:00pm

Health and Wellness Expo

Wilkinson Senior Center
8956 Vanalden Ave.
Northridge 91324

August 31

Thursday, 9:00am-10:00am

Supermarket Savvy

Ralph's Grocery Store (Pharmacy)
19781 Rinaldi St.
Northridge 91326

Norwalk

July 20

August 17

September 21

Thursdays, 10:00am-11:00am,
11:30am-12:30pm

Health Chats (Charlas)

Northgate Market
11660 E. Firestone Blvd.
Norwalk 90650

Orange

August 7

Monday, 5:00pm-7:00pm

Bump to Baby Class 1 (You and Your Pregnancy)

600 City Parkway West
Orange 92868
*Park in 2-hour parking spots next
to building*

August 14

Monday, 5:00pm-7:00pm

Bump to Baby Class 2 (Baby Basics)

600 City Parkway West
Orange 92868
*Park in 2-hour parking spots next
to building*

Locations and Dates *(Continued)*

August 21

Monday, 5:00pm-7:00pm

Bump to Baby Class 3 (Postnatal Care)

600 City Parkway West
Orange 92868

*Park in 2-hour parking spots next
to building*

August 28

Monday, 5:00pm-7:00pm

Bump to Baby Class 4 (Celebrating You)

600 City Parkway West
Orange 92868

*Park in 2-hour parking spots next
to building*

Pasadena

July 6

Thursday, 10:00am-11:00am

Know Your Numbers

Pasadena Senior Center
85 E. Holly St.
Pasadena 91103

August 24

Thursday, 10:00am-11:00am

Nutrition for Hypertension & Cholesterol

Pasadena Senior Center
85 E. Holly St.
Pasadena 91103

*Parking is free with validation.
(2nd Tue of each month)*

September 12

Tuesday, 12:00pm-1:00pm

Ice Cream Social

Yogurtland
30 W. Colorado Blvd.
Pasadena 91105

September 28

Thursday, 10:00am-11:00am

Foods that Promote Brain Health

Pasadena Senior Center
85 E. Holly St.
Pasadena 91103

Perris

July 6

Thursday, 11:00am-12:00pm

Cooking Class:

Summer Eating and Food Safety

Charles Meigs Senior Center
21091 Rider St.
Perris 92570

July 11, 18, 25

August 1, 8, 15, 22, 29

September 5, 12, 19, 26

Tuesdays, 10:00am-11:00am

Strength and Balance Training

Charles Meigs Senior Center
21091 Rider St.
Perris 92570

July 17

August 14

September 18

Mondays, 10:00am-11:30am

La Lotería

Perris Senior Center
100 N. D St.
Perris 92570

July 27

Thursday, 1:00pm-2:00pm

Birthday Celebration

Charles Meigs Senior Center
21091 Rider St.
Perris 92570

August 3

Thursday, 11:00am-12:00pm

Cooking Class: Healthy Snacking

Charles Meigs Senior Center
21091 Rider St.
Perris 92570

August 16

Wednesday, 1:30pm-2:30pm

La Lotería

Charles Meigs Senior Center
21091 Rider St.
Perris 92570

September 7

Thursday, 11:00am-12:00pm

Cooking Class: Fruits & Veggies: More Matters

Charles Meigs Senior Center
21091 Rider St.
Perris 92570

Redlands

August 11

Friday, 11:15am-12:15pm

Senior Potluck

Joslyn Senior Center
21 Grant St.
Redlands 92373

Reseda

Every Thursday, 3:15pm-4:15pm

International Folk Dancing

ONEgeneration
18255 Victory Blvd.
Reseda 91335

Every Tuesday, 2:30pm-3:30pm

Bollywood Dance

ONEgeneration
18255 Victory Blvd.
Reseda 91335
No Class July 4th

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

Arthritis Foundation: Walk n' Talk

ONEgeneration
18255 Victory Blvd.
Reseda 91335

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

Be Fit While You Sit

ONEgeneration
18255 Victory Blvd.
Reseda 91335

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

Exercise through Dance

ONEgeneration
18255 Victory Blvd.
Reseda 91335

July 5, 12, 19, 26

August 2, 9, 16, 23, 30

September 6, 13, 20, 27

Wednesdays, 9:00am-10:00am

Beginning Tap/Jazz

ONEgeneration
18255 Victory Blvd.
Reseda 91335

July 27

Thursday, 10:00am-11:30am

Cooking Class:

Summer Eating and Food Safety

ONEgeneration
18255 Victory Blvd.
Reseda 91335

August 24

Thursday, 10:00am-11:30am

Cooking Class:

Healthy Snacking

ONEgeneration
18255 Victory Blvd.
Reseda 91335

September 28

Thursday, 10:00am-11:30am

Cooking Class:

Fruits & Veggies: More Matters

ONEgeneration
18255 Victory Blvd.
Reseda 91335

Rialto

July 6

Thursday, 2:00pm-4:00pm

Hotter than July Senior Social

Grace Vargas Senior Center
1411 S. Riverside Ave.
Rialto 92376

Riverside

Wednesdays

10:00am – 11:00am

Polynesian Dance

Norton Younglove Community Center
459 Center St.
Riverside 92507

July 20

September 28

Thursdays, 1:00pm-2:30pm

Ice Cream Social

Janet Goeske Senior Center
5257 Sierra St.
Riverside 92504

July 20

Thursday, 2:00pm-3:00pm

Cooking Class:

Summer Eating and Food Safety

Janet Goeske Senior Center
5257 Sierra St.
Riverside 92504

Locations and Dates *(Continued)*

July 21

August 18

September 1

Fridays, 8:30am-10:00am

Rolling Cart

(Food Distribution Program)

Norton Younglove Community Center

459 Center St.

Riverside 92507

August 17

Thursday, 2:00pm-3:00pm

Cooking Class:

Healthy Snacking

Janet Goeske Senior Center

5257 Sierra St.

Riverside 92504

August 24

Thursday, 10:00am-11:30am

La Lotería

Janet Goeske Senior Center

5257 Sierra St.

Riverside 92504

September 21

Thursday, 2:00pm-3:00pm

Cooking Class:

Fruits & Veggies: More Matters

Janet Goeske Senior Center

5257 Sierra St.

Riverside 92504

San Bernardino

July 6

Thursday, 12:00pm-1:30pm

La Lotería

Fifth Street Senior Center

600 W. 5th St.

San Bernardino 92410

August 2

Wednesday, 12:30pm-2:00pm

Bingo

Perris Hills Senior Center

780 E. 21st St.

San Bernardino 92401

August 14, 21, 28

September 11, 18, 25

Mondays, 9:00am-11:00am

Diabetes Empowerment

Education Program (DEEP™)

Regal Medical Group

621 E. Carnegie Dr.

San Bernardino 92408

September 14

Thursday, 10:00am-11:00am

Mexican Independence Day

Celebrations

Perris Hills Senior Center

780 E. 21st St.

San Bernardino 92401

San Fernando

July 17, 31

August 14, 28

September 11, 25

Mondays, 9:00am-10:00am

Rhythm and Moves

Las Palmas Park (Multipurpose Room)

505 S. Huntington St.

San Fernando 91340

July 18, 25

August 1, 8, 15, 22

Tuesdays, 9:30am-10:45am

Yoga

Las Palmas Park

505 S. Huntington St.

San Fernando 91340

September 24

Sunday, 10:00am-2:00pm

Healthy San Fernando

Open Streets

4 Miles of Open Street through

Downtown San Fernando

San Fernando 91340

Santa Ana

July 27

August 24

September 28

Thursdays, 10:00am-11:00am

Health Chats (Charlas)

Northgate Market

770 S. Harbor Blvd.

Santa Ana 92703

Santa Clarita

Tuesdays, 9:30am-10:30am

Bollywood Dance

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

September 6

Wednesday, 6:00pm-8:00pm

Bump to Baby Class 1 (You and Your Pregnancy)

Lakeside Community Healthcare
24355 Lyons Ave.
Santa Clarita 91321

September 13

Wednesday, 6:00pm-8:00pm

Bump to Baby Class 2 (Baby Basics)

Lakeside Community Healthcare
24355 Lyons Ave.
Santa Clarita 91321

September 20

Wednesday, 6:00pm-8:00pm

Bump to Baby Class 3 (Postnatal Care)

Lakeside Community Healthcare
24355 Lyons Ave.
Santa Clarita 91321

September 27

Wednesday, 6:00pm-8:00pm

Bump to Baby Class 4 (Celebrating You)

Lakeside Community Healthcare
24355 Lyons Ave.
Santa Clarita 91321

Sherman Oaks

July, 10, 17, 24, 31

August 7, 14

Mondays, 12:30pm-1:30pm

Chair Yoga

Sherman Oaks East Valley Adult Center
5056 Van Nuys Blvd.
Sherman Oaks 91403

Simi Valley

July 3

August 7

September 4

Mondays, 12:00pm-1:00pm

Birthday Celebration

Simi Valley Senior Center
3900 Avenida Simi
Simi Valley 93063

July 5, 12, 19, 26

August 2, 9, 16, 23, 30

Wednesdays, 9:00am-10:30am

Fitness and Yoga

Simi Valley Public Library
(Community Room)
2969 Tapo Cyn. Rd.
Simi Valley 93065

July 6, 13

Thursdays, 6:00pm-8:00pm

Lamaze Childbirth

Lakeside Community Healthcare
3605 Alamo St.
Simi Valley 93065

July 11, 18, 25

August 1, 8, 15

Six consecutive Tuesdays,
6:00pm-8:00pm

Diabetes Empowerment Education Program (DEEP™)

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

July 14

Friday, 12:30pm-1:30pm

Ice Cream Social

Yogurtland
2679 Tapo Cyn. Rd.
Simi Valley 93063

July 17

Monday, 6:00pm-8:00pm

Understanding Breastfeeding

Lakeside Community Healthcare
3605 Alamo St.
Simi Valley 93065

July 18

Tuesday, 11:00am-12:00pm,
and 3:00pm-4:00pm

Getting the Most Out of Your Medicare

Lakeside Community Healthcare
3605 Alamo St.
Simi Valley 93063

July 24

Monday, 6:00pm-8:00pm

Nutrition for Weight Loss

Lakeside Community Healthcare
3605 Alamo St.
Simi Valley 93065

Locations and Dates *(Continued)*

August 25

Friday, 12:30pm-1:30pm

Ice Cream Social

Yogurtland

2679 Tapo Cyn. Rd.

Simi Valley 93063

August 29

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

and 3:00pm-4:00pm

Getting the Most Out of Your Medicare

Lakeside Community Healthcare

3605 Alamo St.

Simi Valley 93063

September 6, 13, 20, 27

Wednesday, 9:00am-10:30am

Fitness and Yoga

Boys & Girls Club of Simi Valley

2850 Lemon Dr.

Simi Valley 93065

September 27

Wednesday, 11:00am-12:00pm,

and 3:00pm-4:00pm

Getting the Most Out of Your Medicare

Lakeside Community Healthcare

3605 Alamo St.

Simi Valley 93063

Tarzana

July 11, 18, 25

August 1, 8, 15, 22, 29

September 5, 12, 19, 26

Every Tuesday, 11:30am-12:30pm

Zumba Gold

Releve Studio

18356 Oxnard St.

Tarzana 91356

Temecula

July 26

Wednesday, 10:00am-11:30am

Cooking Class:

Healthy Eating on the Run

Rancho Family Medical Group

28780 Single Oak Dr.

Temecula 92590

August 24

Thursday, 10:00am-11:30am

Brain Health as You Age

Rancho Family Medical Group

28780 Single Oak Dr.

Temecula 92590

September 27

Wednesday, 10:00am-11:30am

Cooking Class:

Fruits & Veggies: More Matters

Rancho Family Medical Group

28780 Single Oak Dr.

Temecula 92590

Thousand Oaks

July 26

August 30

September 27

Wednesdays, 11:00am-12:00pm,

and 3:00pm-4:00pm

Getting the Most Out of Your Medicare

Lakeside Community Healthcare

612 Janss Rd.

Thousand Oaks 91360

August 14, 21, 28

Mondays, 6:00pm-8:00pm

Lamaze Childbirth

Lakeside Community Healthcare

612 E. Janss Rd.

Thousand Oaks 91360

August 24, 31

September 7, 14, 21, 28

Thursdays, 3:00pm-5:00pm

Diabetes Empowerment Education Program (DEEP™)

Lakeside Community Healthcare

612 E. Janss Rd.

Thousand Oaks 91360

September 5

Tuesday, 6:00pm-8:00pm

Understanding Breastfeeding

Lakeside Community Healthcare

612 E. Janss Rd.

Thousand Oaks 91360

September 25

Monday, 6:00pm-8:00pm

Nutrition for Weight Loss

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

Valencia

July 21

Friday, 12:30pm-1:30pm

Ice Cream Social

Yogurtland
24266 Valencia Blvd.
Valencia 91355

August 18

Friday, 12:30pm-1:30pm

Ice Cream Social

Yogurtland
24266 Valencia Blvd.
Valencia 91355

September 19

Tuesday, 1:00pm-2:30pm

Supermarket Savvy

Ralph's Grocery Store (Pharmacy)
27760 McBean Pkwy.
Valencia 91354

West Covina

Every Thursday, 9:45am-10:30am

Disco Dancing

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

July 1, 8, 15, 22, 29

August 5, 12, 19, 26

September 2, 9, 16, 23, 30

Every Saturday, 11:00am-2:00pm

Medication Check-Up

West Covina (Pharmacy)
1500 W. West Covina Pkwy.
West Covina 91790

July 5, 19

August 2, 16, 30

September 13, 27

Wednesdays, 9:00am-10:00am

BabyFit

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

July 5, 12, 19, 26

August 2, 9, 23, 30

September 6, 13, 20, 27

Wednesdays, 5:30pm-6:30pm

Family Fun Workout

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

July 6, 13, 20, 27

August 3, 10, 17, 24, 31

September 7, 14, 21, 28

Thursdays, 8:30am-9:30am

Strength and Balance Training

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

July 10, 17, 24, 31

August 14, 21, 28

September 18, 25

Mondays, 8:30am-9:30am

Strength and Balance Training

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

July 10, 17, 24, 31

August 14, 21, 28

September 18, 25

Mondays, 9:45am-10:30am

Tai Chi

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

July 11

August 8

September 12

Tuesdays, 6:00pm-7:30pm

Diabetes Support Group

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

July 18

August 15

September 19

Tuesdays, 10:00am-11:00am,
and 11:30am-12:30pm

Health Chats (Charlas)

Northgate Market
1320 W. Francisquito Ave.
West Covina 91790

Locations and Dates *(Continued)*

July 18, 25

August 1, 8, 15, 22, 29

September 5, 19, 26

Tuesdays, 8:30am-9:30am

Zumba

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

July 24

Monday, 6:00pm-7:00pm

Better Bones

Lakeside Community Healthcare
1500 West Covina Pkwy.
West Covina 91790

The class will be located in the large conference room on the second floor.

July 25

Tuesday, 11:00am-12:00pm

Cooking Class:

Summer Eating and Food Safety

Lakeside Community Healthcare
(2nd Floor Conference Room)
1500 W. West Covina Pkwy.
West Covina 91790

July 25

August 29

September 26

Tuesdays, 5:30pm-6:30pm

Getting the Most Out of Your Medicare

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

July 27

August 31

September 28

Thursdays, 10:00am-11:00am

Getting the Most Out of Your Medicare

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

July 28

August 25

September 29

Fridays, 9:00am-10:30am

Diabetes Support Group

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

August 1, 8, 15, 22, 29

September 5

Tuesdays, 10:00am-12:00pm

Diabetes Empowerment Education Program (DEEP™)

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

August 17

Thursday, 4:00pm-6:00pm

Bump to Baby Class 1 (You and Your Pregnancy)

Lakeside Community Healthcare
(2nd Floor Conference Room)
1500 W. West Covina Pkwy.
West Covina 91790

August 24

Thursday, 4:00pm-6:00pm

Bump to Baby Class 2 (Baby Basics)

Lakeside Community Healthcare
(2nd Floor Conference Room)
1500 W. West Covina Pkwy.
West Covina 91790

August 28

Monday, 11:00am-12:00pm

Cooking Class:

Healthy Snacking

Lakeside Community Healthcare
(2nd Floor Conference Room)
1500 W. West Covina Pkwy.
West Covina 91790

August 31

Thursday, 4:00pm-6:00pm

Bump to Baby Class 3 (Postnatal Care)

Lakeside Community Healthcare
(2nd Floor Conference Room)
1500 W. West Covina Pkwy.
West Covina 91790

September 7

Thursday, 4:00pm-6:00pm

Bump to Baby Class 4 (Celebrating You)

Lakeside Community Healthcare
(2nd Floor Conference Room)
1500 W. West Covina Pkwy.
West Covina 91790

September 14

Thursday, 4:00pm-6:00pm

Understanding Breastfeeding

Lakeside Community Healthcare
(2nd Floor Conference Room)
1500 W. West Covina Pkwy.
West Covina 91790

September 25

Monday, 11:00am-12:00pm

Cooking Class:

Fruits & Veggies: More Matters

Lakeside Community Healthcare
(2nd Floor Conference Room)
1500 W. West Covina Pkwy.
West Covina 91790

West Hills

July 12

Wednesday, 6:00pm-8:00pm

Bump to Baby Class 1 (You and Your Pregnancy)

Lakeside Community Healthcare
7325 Medical Center Dr.
West Hills 91307

July 19

Wednesday, 6:00pm-8:00pm

Bump to Baby Class 2 (Baby Basics)

Lakeside Community Healthcare
7325 Medical Center Dr.
West Hills 91307

July 26

Wednesday, 6:00pm-8:00pm

Bump to Baby Class 3 (Postnatal Care)

Lakeside Community Healthcare
7325 Medical Center Dr.
West Hills 91307

July 27

August 17

September 21

Thursdays, 11:00am-12:00pm,
and 5:30pm-6:30pm

Getting the Most Out of Your Medicare

Lakeside Community Healthcare
7325 Medical Center Dr.
West Hills 91307

August 2

Wednesday, 6:00pm-8:00pm

Bump to Baby Class 4 (Celebrating You)

Lakeside Community Healthcare
7325 Medical Center Dr.
West Hills 91307

August 10

Thursday, 6:00pm-8:00pm

Understanding Breastfeeding

Lakeside Community Healthcare
7325 Medical Center Dr.
West Hills 91307

August 22

Tuesday, 6:00pm-8:00pm

Nutrition for Weight Loss

Lakeside Community Healthcare
7325 Medical Center Dr.
West Hills 91307

Whittier

New
locations!

July 6, 13, 20, 27

August 3, 10, 17, 24, 31

September 7, 14, 21, 28

Every Thursday, 12:30pm-1:30pm

Zumba

Whittier Hospital (Activity Center)
9080 Colima Rd.
Whittier 90605
Maximum 2-hour parking validation

July 18

Tuesday, 10:00am-11:00am

Preserving Your Memory

Whittier Hospital (Activity Center)
9080 Colima Rd.
Whittier 90605

August 7, 28

September 11, 25

Mondays, 9:30am-10:30am

La Lotería

Whittier Hospital (Activity Center)
9080 Colima Rd.
Whittier 90605

August 22

Tuesday, 10:30am-11:30am

Drink Up!

Whittier Hospital (Activity Center)
9080 Colima Rd.
Whittier 90605

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

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 confirming 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 July events

begin on Tuesday, June 20.

Reservations for August events

begin on Tuesday, July 11.

Reservations for September events

begin on Tuesday, August 15.

Please note: You will receive a phone call from our Reservation Specialists confirming your participation prior to the event or a confirmation email if you make your reservations by email.



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.
- Unless otherwise indicated, parking is available at no cost to you and no validations are required.
- 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**.
- Before starting any physical activity program, please consult your doctor.



Please reference your health plan ID for your medical group.

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