Health Net Community Resource Center 🗯

Serving our members and the community in East Los Angeles Our offices are open for activities and services.



Monday - Friday, 8:00am - 4:30pm
Free and open to everyone!
November 2023 Calendar of Activities

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Monday	Tuesday	Wednesday	Thursday	Friday
COVERED CALIFORNIA Do you need to make a premium payment? Come in, we can help!	Ask Us About Medicare Available to the Community Do you have questions about Medicare? Visit us on Thursdays!	9:30am - 10:30am Sit-Fit Fitness Class 10:30am - 12:00pm Support Group: Love to Learn By Maria Elena Lopez Los Angeles County Department of Mental Health	10:00am - 1:00pm Ask Us About Medicare 12:00pm - 3:00pm Knitting Club	9:30am - 10:30am Zumba Exercise Class 10:00am - 11:00am Support Group: Occupational Wellness, Part 2 By Maria Elena Lopez Los Angeles County Department of Mental Health
2:30am - 10:30am Zumba Exercise Class 10:45am - 12:00pm Loteria, BINGO and Memory Games By Sofia/Isabel Project Return Peer Support Network (PRPSN)	10:00am - 11:30am Support Group: Communication within family By Claudia Razo Los Angeles County Department of Mental Health 12:00pm - 3:00pm Knitting Club	9:30am - 10:30am Sit-Fit Fitness Class 10:30am - 12:00pm Support Group: Love to Learn, Part 2 By Maria Elena Lopez Los Angeles County Department of Mental Health	10:00am - 1:00pm Ask Us About Medicare 10:00am - 11:30am Support Group: Emotional Painting By Lucia Veloz East Los Angeles Women's Center 12:00pm - 3:00pm Knitting Club	9:30am - 10:30am Zumba Exercise Class 10:30am - 11:30am Support Group: Social Wellness By Maria Elena Lopez Los Angeles County Department of Mental Health
9:30am - 10:30am Zumba Exercise Class 10:45am - 12:00pm Loteria, BINGO and Memory Games By Sofia/Isabel Project Return Peer Support Network (PRPSN)	10:00am - 11:30am Support Group: Gratitude By Claudia Razo Los Angeles County Department of Mental Health 12:00pm - 3:00pm Knitting Club	9:30am - 10:30am Sit-Fit Fitness Class 10:30am - 12:00pm Support Group: Living for Oneself (is Okay) By Maria Elena Lopez Los Angeles County Department of Mental Health 12:00pm - 3:00pm Knitting Club	10:00am - 1:00pm Ask Us About Medicare 10:00am - 11:30am Emotional Painting Lucia Veloz East Los Angeles Women's Center 12:00pm - 3:00pm Knitting Club	9:30am - 10:30am Zumba Exercise Class 10:30am - 11:30am Support Group: Living for Oneself (is Okay), Part 2 By Maria Elena Lopez Los Angeles County Department of Mental Health
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Health Net and the Health Net Community Resource Center would like to thank the East Los Angeles Community and surrounding areas for your continued support.

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Health Net Community Resource Center 5047 Whittier Boulevard Los Angeles, CA 90022 (323) 415-9120 or (877)-698-7662 www.healthnet.com www.hndental.com All classes are free and most of them in Spanish.

Space is limited. (First come, first serve)

Classes are subject to change, rescheduling
or cancellation without notice.



