

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!
March 2023 Calendar of Activities

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Do you need to apply for Medi-Cal and/or CalFresh? Call to set up an appointment (323) 415-9120</p>	<p>Do you need to make a premium payment? Come in, we can help!</p>	<p>1</p> <p>9:30am - 10:30am Sit-Fit Fitness Class</p> <p>10:30am - 12:00pm Support Group: Leave the Stress in the Past By Maria Elena Lopez Los Angeles County Department of Mental Health</p>	<p>2</p> <p>9:00am - 12:00pm Apply for Medi-Cal & CalFresh By QueensCare Health Centers</p> <p>8:30am - 10:00am Support Group: Importance of Self Esteem By Claudia Razo Los Angeles County Department of Mental Health</p> <p>12:00pm - 3:00pm Knitting Club</p>	<p>3</p> <p>9:30am - 10:30am Zumba Exercise Class</p> <p>10:30am - 11:30am Self-Help and 12 Step Support Group: Al-Anon By Roybal Family Mental Health Center</p>
<p>6</p> <p>9:30am - 10:30am Zumba Exercise Class</p> <p>10:45am - 12:00pm Loteria, BINGO and Memory Games By Sofia/Isabel Project Return Peer Support Network (PRPSN)</p>	<p>7</p> <p>10:00am - 11:30am Support Group: How to put the Past, Anger and Fear Behind you By Marielena Rubio Project Return Peer Support Network (PRPSN)</p> <p>12:00pm - 3:00pm Knitting Club</p>	<p>8</p> <p>9:30am - 10:30am Sit-Fit Fitness Class</p> <p>10:30am - 12:00pm Support Group: Love and Hope By Maria Elena Lopez Los Angeles County Department of Mental Health</p>	<p>9</p> <p>8:30am - 10:00am Support Group: Implement your Self-Care Plan By Claudia Razo Los Angeles County Department of Mental Health</p> <p>10:00am - 11:00am Workshop: Dental Oral Hygiene Presentation By Kids Dental Place</p> <p>12:00pm - 3:00pm Knitting Club</p>	<p>10</p> <p>9:30am - 10:30am Zumba Exercise Class</p> <p>10:30am - 11:30am Self-Help and 12 Step Support Group: Al-Anon By Roybal Family Mental Health Center</p>
<p>13</p> <p>9:30am - 10:30am Zumba Exercise Class</p> <p>10:30am - 11:00am Workshop: Focus on Hypertension By American Heart Association (AHA)</p> <p>11:00am - 12:00pm Loteria, BINGO and Memory Games By Sofia/Isabel Project Return Peer Support Network (PRPSN)</p>	<p>14</p> <p>10:00am - 11:30am Support Group: Hate and Resentment By Marielena Rubio Project Return Peer Support Network (PRPSN)</p> <p>12:00pm - 3:00pm Knitting Club</p>	<p>15</p> <p>9:30am - 10:30am Sit-Fit Fitness Class</p> <p>10:30am - 12:00pm Support Group: Believe in Ourselves By Maria Elena Lopez Los Angeles County Department of Mental Health</p>	<p>16</p> <p>9:00am - 12:00pm Apply for Medi-Cal & CalFresh By QueensCare Health Centers</p> <p>8:30am - 10:00am Support Group: Show Compassion to yourself By Claudia Razo Los Angeles County Department of Mental Health</p> <p>10:00am - 11:00am Workshop: Dental Oral Hygiene Presentation By Kids Dental Place</p> <p>12:00pm - 3:00pm Knitting Club</p>	<p>17</p> <p>9:30am - 10:30am Zumba Exercise Class</p> <p>10:30am - 11:30am Self-Help and 12 Step Support Group: Al-Anon By Roybal Family Mental Health Center</p>
<p>20</p> <p>9:30am - 10:30am Zumba Exercise Class</p> <p>10:45am - 12:00pm Loteria, BINGO and Memory Games By Sofia/Isabel Project Return Peer Support Network (PRPSN)</p>	<p>21</p> <p>10:00am - 11:30am Support Group: How to Recognize Burnout and How to Treat it By Marielena Rubio Project Return Peer Support Network (PRPSN)</p> <p>12:00pm - 3:00pm Knitting Club</p>	<p>22</p> <p>9:30am - 10:30am Sit-Fit Fitness Class</p> <p>10:30am - 12:00pm Support Group: Our Mind is our Power By Maria Elena Lopez Los Angeles County Department of Mental Health</p>	<p>23*</p> <p>8:30am - 10:00am Support Group: Relaxation: Important to the Mind and Body By Claudia Razo Los Angeles County Department of Mental Health</p> <p>12:00pm - 3:00pm Knitting Club</p>	<p>24</p> <p>9:30am - 10:30am Zumba Exercise Class</p> <p>10:30am - 11:30am Self-Help and 12 Step Support Group: Al-Anon By Roybal Family Mental Health Center</p>
<p>27</p> <p>9:30am - 10:30am Zumba Exercise Class</p> <p>10:45am - 12:00pm Loteria, BINGO and Memory Games By Sofia/Isabel Project Return Peer Support Network (PRPSN)</p>	<p>28</p> <p>10:00am - 11:30am Support Group: How to Overcome Fear By Marielena Rubio Project Return Peer Support Network (PRPSN)</p> <p>12:00pm - 3:00pm Knitting Club</p>	<p>29</p> <p>9:30am - 10:30am Sit-Fit Fitness Class</p> <p>10:30am - 12:00pm Support Group: Believe in Yourself By Maria Elena Lopez Los Angeles County Department of Mental Health</p>	<p>30</p> <p>8:30am - 10:00am Support Group: Use your Strengths By Claudia Razo Los Angeles County Department of Mental Health</p> <p>11:00am - 2:00pm Family Haircuts Professional Institute of Beauty</p>	<p>31</p> <p>9:30am - 10:30am Zumba Exercise Class</p> <p>10:30am - 11:30am Self-Help and 12 Step Support Group: Al-Anon By Roybal Family Mental Health Center</p> <p>12:00pm - 3:00pm Knitting Club</p>

Health Net Community Resource Center
5047 East Whittier Boulevard
East 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.

