

Health Net Community Resource Center

Health & Wellness Classes, Services and Resources

Free, and Open to the Entire Community.



Health Net®

August 2018

Senior Wednesdays!

Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Have a question? Need to make a premium payment? Or want to change your Primary Care Physician? Come in to get assistance!</p>	<p>Zumba Exercise Classes: Mondays, Thursdays, and Fridays</p> <p>Fun Fitness for Adults: Tuesdays</p> <p>Sit-Fit Fitness Class: Wednesdays</p> <p>All Exercise Classes are from 9:00am-10:00am Ages 10 and Above</p>	<p>9:00am-10:00am Sit-Fit Fitness Class By Andy Padilla 1</p> <p>10:30am – 12:30pm What is a Medicare Advantage Plan? (Part C)</p> <p>10:30am-12:30pm Haircuts for Seniors</p> <p>1:00pm – 4:00pm Knitting Club</p>	<p>8:00am – 3:30pm 2 Apply for Medi-Cal & CalFresh By LA County Department of Public Social Services</p> <p>9:00am – 10:00am Zumba Exercise Class By Jovita Becerra</p>	<p>9:00am – 10:00am 3 Zumba Exercise Class By Jovita Becerra</p> <p>10:00am – 11:30am Support Group: Hand in Hand By Best Start East LA</p>
<p>9:00am – 10:00am 6 Zumba Exercise Class By Jovita Becerra</p> <p>12:00pm – 3:00pm Knitting Club</p>	<p>9:00am – 10:00am 7 Fun Fitness for Adults By Andy Padilla</p> <p>10:00am – 11:00am Mental Health and Stigma By Los Angeles County Department of Mental Health</p> <p>2:00pm – 3:00pm Folkloric Movement Class By Health Net's Health Education Department</p>	<p>9:00am – 10:00am 8 Sit-Fit Fitness Class By Andy Padilla</p> <p>10:30am – 12:30pm What is a Medicare Advantage Plan? (Part C)</p> <p>12:00pm – 3:00pm Knitting Club</p>	<p>8:00am – 3:30pm 9 Apply for Medi-Cal & CalFresh By LA County Department of Public Social Services</p> <p>9:00am – 10:00am Zumba Exercise Class By Jovita Becerra</p> <p>10:00am – 11:00am Stages of Grief and Loss By Los Angeles County Department of Mental Health</p> <p>1:00pm – 3:30pm Covered California Special Enrollment Period By CaHPSPA</p>	<p>9:00am – 10:00am 10 Zumba Exercise Class By Jovita Becerra</p> <p>10:00am – 11:30am Support Group: Hand in Hand By Best Start East LA</p>
<p>9:00am – 10:00am 13 Zumba Exercise Class By Jovita Becerra</p> <p>10:00am – 11:00am Meal Planning for Diabetes (Cooking Class) By Regal Medical Group</p> <p>10:00am-11:00am Learn about Cal MediConnect</p> <p>12:00pm – 3:00pm Knitting Club</p>	<p>9:00am – 10:00am 14 Fun Fitness for Adults By Abby Zarate</p> <p>2:00pm – 3:00pm Folkloric Movement Class By Health Net's Health Education Department</p>	<p>9:00am – 10:00am 15 Sit-Fit Fitness Class By Abby Zarate</p> <p>10:30am – 12:30pm What is Medicare Advantage Plan? (Part C)</p> <p>10:30am-12:30pm Haircuts for Seniors</p> <p>1:00pm – 4:00pm Knitting Club</p>	<p>8:00am – 3:30pm 16 Apply for Medi-Cal & CalFresh By LA County Department of Public Social Services</p> <p>9:00am – 10:00am Zumba Exercise Class By Jovita Becerra</p> <p>10:00am – 11:00am Safe Families for children By Olive Crest</p>	<p>9:00am – 10:00am 17 Zumba Exercise Class By Jovita Becerra</p> <p>10:00am – 11:30am Support Group: Hand in Hand By Best Start East LA</p>
<p>9:00am – 10:00am 20 Zumba Exercise Class By Jovita Becerra</p> <p>10:00am – 11:00am Meal Planning for Weight Loss (Cooking Class) By Regal Medical Group</p> <p>10:00am-11:00am Learn about Cal MediConnect</p> <p>12:00pm – 3:00pm Knitting Club</p>	<p>9:00am – 10:00am 21 Fun Fitness for Adults By Abby Zarate</p> <p>2:00pm – 3:00pm Folkloric Movement Class By Health Net's Health Education Department</p>	<p>9:00am – 10:00am 22 Sit-Fit Fitness Class By Abby Zarate</p> <p>10:30am – 11:30am Fall Prevention Presentation By Carol Malo</p> <p>12:00pm – 3:00pm Knitting Club</p>	<p>8:00am – 3:30pm 23 Apply for Medi-Cal & CalFresh By LA County Department of Public Social Services</p> <p>9:00am – 10:00am Zumba Exercise Class By Jovita Becerra</p> <p>1:00pm – 3:00pm Covered California Special Enrollment Period By CaHPSPA</p>	<p>9:00am – 10:00am 24 Zumba Exercise Class By Jovita Becerra</p> <p>10:00am – 11:30am Support Group: Hand in Hand By Best Start East LA</p>
<p>9:00am – 10:00am 27 Zumba Exercise Class By Jovita Becerra</p> <p>10:00am – 11:00am Dash Diet/Low Sodium/Hypertension (Cooking Class) By Regal Medical Group</p> <p>12:00pm – 3:00pm Knitting Club</p>	<p>9:00am – 10:00am 28 Fun Fitness for Adults By Andy Padilla</p> <p>2:00pm – 3:00pm Folkloric Movement Class By Health Net's Health Education Department</p>	<p>9:00am – 10:00am 29 Sit-Fit Fitness Class By Andy Padilla</p> <p>12:00pm – 3:00pm Knitting Club</p>	<p>8:00am – 3:30pm 30 Apply for Medi-Cal & CalFresh By LA County Department of Public Social Services</p> <p>9:00am – 10:00am Zumba Exercise Class By Jovita Becerra</p>	<p>9:00am – 10:00am 31 Zumba Exercise Class By Jovita Becerra</p> <p>10:00am – 11:30am Support Group: Hand in Hand By Best Start East LA</p>

Location:
Health Net Community Resource Center
5047 East Whittier Boulevard
East Los Angeles, CA 90022
(323) 415-9120 or (877) 698-7662

Hours:
Monday – Friday
8:00 am – 4:30 pm
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.



Centro de Health Net de Recursos Comunitarios

Clases, Servicios y Recursos de Salud y Bienestar

Gratuitos y Abiertos a Toda la Comunidad.



Health Net®

Agosto 2018

Miércoles para Personas de La Tercera Edad!

Calendario de Eventos

Lunes	Martes	Miércoles	Jueves	Viernes
 <p>¿Tiene preguntas? ¿Necesita pagar la prima? ¿O quiere cambiar de médico de atención primaria? ¡Acérquese para recibir ayuda!</p>	<p>Clases de Zumba: Lunes, Jueves, y Viernes</p> <p>Clase Divertida de Acondicionamiento Físico Bajo Impacto: Martes</p> <p>Clase de Acondicionamiento Físico Sentado: Miércoles</p> <p>Todas las Clases de Ejercicios son de 9:00am a 10:00am Mayores de 10 Años</p>	<p>9:00am – 10:00am Clase de Acondicionamiento Físico Sentado Por Andy Padilla</p> <p>10:30am – 12:30pm ¿Qué es un Plan Medicare Advantage (Parte C)?</p> <p>10:30am-12:30pm Corte de Pelo para Personas de la Tercera Edad</p> <p>1:00pm – 4:00pm Club de Tejido</p>	<p>8:00am – 3:30pm Solicite Medi-Cal y CalFresh Por LA Departamento de Servicios Sociales Públicos</p> <p>9:00am – 10:00am Clase de Ejercicios de Zumba Por Jovita Becerra</p>	<p>9:00am – 10:00am Clase de Ejercicios de Zumba Por Jovita Becerra</p> <p>10:00am – 11:30am Grupo de Apoyo: Mano a Mano Por Best Start East LA</p>
<p>9:00am – 10:00am Clase de Ejercicios de Zumba Por Jovita Becerra</p> <p>12:00pm – 3:00pm Club de Tejido</p>	<p>9:00am – 10:00am Clase Divertida de Acondicionamiento Físico para Adultos Bajo Impacto Por Andy Padilla</p> <p>10:00am-11:00am Salud Mental y Estigma Los Angeles County Department of Mental Health</p> <p>2:00pm – 3:00pm Clase de Movimiento Folklorico Por Health Net's Health Education Department</p>	<p>9:00am – 10:00am Clase de Acondicionamiento Físico Sentado Por Andy Padilla</p> <p>10:30am – 12:30pm ¿Qué es un Plan Medicare Advantage (Parte C)?</p> <p>12:00pm – 3:00pm Club de Tejido</p>	<p>8:00am – 3:30pm Solicite Medi-Cal y CalFresh Por LA Departamento de Servicios Sociales Públicos</p> <p>9:00am – 10:00am Clase de Ejercicios de Zumba Por Jovita Becerra</p> <p>10:00am – 11:00am Etapas del Duelo y Perdida Por Los Angeles County Department of Mental Health</p> <p>1:00pm – 3:00pm Periodo de Inscripción Especial para Covered California Por CaHPSA</p>	<p>9:00am – 10:00am Clase de Ejercicios de Zumba Por Jovita Becerra</p> <p>10:00am – 11:30am Grupo de Apoyo: Mano a Mano Por Best Start East LA</p>
<p>9:00am – 10:00am Clase de Ejercicios de Zumba Por Jovita Becerra</p> <p>10:00am – 11:00am Aprenda Cómo Funciona Cal MediConnect</p> <p>10:00am – 11:00am Planificación de Comidas para Cuidar la Diabetes (Clase de Cocina) Por Regal Medical Group</p> <p>12:00pm – 3:00pm Club de Tejido</p>	<p>9:00am – 10:00am Clase Divertida de Acondicionamiento Físico para Adultos Bajo Impacto Por Abby Zarate</p> <p>2:00pm – 3:00pm Clase de Movimiento Folklorico Por Health Net's Health Education Department</p>	<p>9:00am – 10:00am Clase de Acondicionamiento Físico Sentado Por Abby Zarate</p> <p>10:30am – 12:30pm ¿Qué es un Plan Medicare Advantage (Parte C)?</p> <p>10:30am-12:30pm Corte de Pelo para Personas de la Tercera Edad</p> <p>1:00pm – 4:00pm Club de Tejido</p>	<p>8:00am – 3:30pm Solicite Medi-Cal y CalFresh Por LA Departamento de Servicios Sociales Públicos</p> <p>9:00am – 10:00am Clase de Ejercicios de Zumba Por Jovita Becerra</p> <p>10:00am – 11:00am Familias Seguras para Niños Por Olive Crest</p>	<p>9:00am – 10:00am Clase de Ejercicios de Zumba Por Jovita Becerra</p> <p>10:00am – 11:30am Grupo de Apoyo: Mano a Mano Por Best Start East LA</p>
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<p>9:00am – 10:00am Clase de Ejercicios de Zumba Por Jovita Becerra</p> <p>10:00am – 11:00am Plan de Alimentación DASH, Bajo Consumo de Sodio, Hipertensión (Clase de Cocina) Por Regal Medical Group</p> <p>12:00pm – 3:00pm Club de Tejido</p>	<p>9:00am – 10:00am Clase Divertida de Acondicionamiento Físico para Adultos Bajo Impacto Por Andy Padilla</p> <p>2:00pm – 3:00pm Clase de Movimiento Folklorico Por Health Net's Health Education Department</p>	<p>9:00am – 10:00am Clase de Acondicionamiento Físico Sentado Por Andy Padilla</p> <p>12:00pm – 3:00pm Club de Tejido</p>	<p>8:00am – 3:30pm Solicite Medi-Cal y CalFresh Por LA Departamento de Servicios Sociales Públicos</p> <p>9:00am – 10:00am Clase de Ejercicios de Zumba Por Jovita Becerra</p>	<p>9:00am – 10:00am Clase de Ejercicios de Zumba Por Jovita Becerra</p> <p>10:00am – 11:30am Grupo de Apoyo: Mano a Mano Por Best Start East LA</p>

Lugar:
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Horario de atención:
Lunes a Viernes
8:00am – 4:30pm
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Todas las clases son gratis. La mayoría de las clases son en Español. Espacio es limitado (primero en llegar, primero en servir). Las clases están sujetas a cambio, reprogramación o cancelación sin previo aviso.

