

Health Net Community Resource Center

Health & Wellness Classes, Services and Resources

Free, and Open to the Entire Community.




Health Net®

December 2018

Senior Wednesdays!

Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
<p>9:00am – 10:00am Zumba Exercise Class By Jovita Becerra</p> <p>10:00am – 11:00am Suicide Prevention By Los Angeles Department of Mental Health</p> <p>12:00pm – 3:00pm Knitting Club</p>	<p>9:00am – 10:00am Fun Fitness Low Impact By Andy Padilla</p>	<p>9:00am – 10:00am Sit-Fit Fitness Class By Andy Padilla</p> <p>10:30am – 12:30pm Haircuts for Seniors</p> <p>1:00pm – 4:00pm Knitting Club</p>	<p>8:00am – 3:30pm 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 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 Zumba Exercise Class By Jovita Becerra</p> <p>10:00am – 11:00am Healthy Holiday Eating By Regal Medical Group</p> <p>12:00pm – 3:00pm Knitting Club</p>	<p>9:00am – 10:00am Fun Fitness Low Impact By Andy Padilla</p>	<p>9:00am – 10:00am Sit-Fit Fitness Class By Andy Padilla</p> <p>10:00am – 11:00am Folkloric Movement Class By Health Net's Health Education Department</p> <p>10:30am – 12:30pm What is Part C? "Medicare Advantage Plan"</p> <p>12:00pm – 3:00pm Knitting Club</p>	<p>8:00am – 3:30pm 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 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 Zumba Exercise Class By Jovita Becerra</p> <p>10:00am – 11:00am Childhood Disorders By Los Angeles Department of Mental Health</p> <p>12:00pm – 3:00pm Knitting Club</p>	<p>9:00am – 10:00am Fun Fitness Low Impact By Andy Padilla</p> <p>2:00pm – 4:00pm Holiday Crafts for Kids</p>	<p>9:00am – 10:00am Sit-Fit Fitness Class By Andy Padilla</p> <p>10:30am – 12:30pm What is Part C? "Medicare Advantage Plan"</p> <p>10:30am – 12:30pm Haircuts for Seniors</p> <p>1:00pm – 4:00pm Knitting Club</p>	<p>8:00am – 3:30pm 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 Zumba Exercise Class By Jovita Becerra</p> <p>10:00am – 11:30am Support Group: Hand in Hand By Best Start East LA</p>
<p>24-25</p> <p>CLOSED FOR CHRISTMAS HOLIDAY</p>		<p>9:00am – 10:00am Sit-Fit Fitness Class By Andy Padilla</p> <p>10:00am – 11:00am Folkloric Movement Class By Health Net's Health Education Department</p> <p>12:00pm – 3:00pm Knitting Club</p>	<p>8:00am – 3:30pm 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 Zumba Exercise Class By Jovita Becerra</p> <p>10:00am – 11:30am Support Group: Hand in Hand By Best Start East LA</p>
<p>31</p> <p>CLOSED FOR NEW YEAR HOLIDAY</p>	<p>Fun Fitness Low Impact: Ages 10+ Tuesdays 9:00am – 10:00am</p>	<p>"Senior Wednesdays" Activities for Medicare eligible community members</p> <p>Sit-Fit Fitness Class: Ages 10+ Wednesdays 9:00am – 10:00am</p>	<p>Zumba Exercise Classes: Ages 10+ Mondays, Thursdays, and Fridays 9:00am – 10:00am</p>	 <p>Have a question? Need to make a premium payment? Or want to change your Primary Care Physician? Come in to get assistance!</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®

Diciembre 2018

Miércoles para Personas de La Tercera Edad!

Calendario de Eventos

Lunes	Martes	Miércoles	Jueves	Viernes
9:00am – 10:00am Clase de Ejercicios de Zumba Por Jovita Becerra 3	9:00am – 10:00am Clase Divertida de Acondicionamiento Físico Bajo Impacto Por Andy Padilla 4	9:00am – 10:00am Clase de Acondicionamiento Físico Sentado Por Andy Padilla 5	8:00am – 3:30pm Solicite Medi-Cal y CalFresh Por LA Departamento de Servicios Sociales Públicos 6	9:00am – 10:00am Clase de Ejercicios de Zumba Por Jovita Becerra 7
10:00am – 11:00am Prevencion del Suicidio Por Los Angeles Department of Mental Health		10:30am-12:30pm Corte de Pelo para Personas de la Tercera Edad	9:00am – 10:00am Clase de Ejercicios de Zumba Por Jovita Becerra	10:00am – 11:30am Grupo de Apoyo: Mano a Mano Por Best Start East LA
12:00pm – 3:00pm Club de Tejido		1:00pm – 4:00pm Club de Tejido		
9:00am – 10:00am Clase de Ejercicios de Zumba Por Jovita Becerra 10	9:00am – 10:00am Clase Divertida de Acondicionamiento Físico Bajo Impacto Por Andy Padilla 11	9:00am – 10:00am Clase de Acondicionamiento Físico Sentado Por Andy Padilla 12	8:00am – 3:30pm Solicite Medi-Cal y CalFresh Por LA Departamento de Servicios Sociales Públicos 13	9:00am – 10:00am Clase de Ejercicios de Zumba Por Jovita Becerra 14
10:00am – 11:00am Comida Saludable para las Fiestas Por Regal Medical Group		10:00am – 11:00am Clase de Movimiento Folklórico Por Health Net's Health Education Department	9:00am – 10:00am Clase de Ejercicios de Zumba Por Jovita Becerra	10:00am – 11:30am Grupo de Apoyo: Mano a Mano Por Best Start East LA
12:00pm – 3:00pm Club de Tejido		10:30am – 12:30pm Que es Parte C? "Medicare Advantage Plan"		
		12:00pm – 3:00pm Club de Tejido		
9:00am – 10:00am Clase de Ejercicios de Zumba Por Jovita Becerra 17	9:00am – 10:00am Clase Divertida de Acondicionamiento Físico Bajo Impacto Por Andy Padilla 18	9:00am – 10:00am Clase de Acondicionamiento Físico Sentado Por Andy Padilla 19	8:00am – 3:30pm Solicite Medi-Cal y CalFresh Por LA Departamento de Servicios Sociales Públicos 20	9:00am – 10:00am Clase de Ejercicios de Zumba Por Jovita Becerra 21
10:00am – 11:00am Trastornos de la Niñez Por Los Angeles Department of Mental Health	2:00pm – 4:00pm Artesanías Navideñas para Niños	10:30am – 12:30pm Que es Parte C? "Medicare Advantage Plan"		10:00am – 11:30am Grupo de Apoyo: Mano a Mano Por Best Start East LA
12:00pm – 3:00pm Club de Tejido		10:30am-12:30pm Corte de Pelo para Personas de la Tercera Edad		
		1:00pm – 4:00pm Club de Tejido		
EL CENTRO ESTARA CERRADO POR LOS DIAS FESTIVOS		9:00am – 10:00am Clase de Acondicionamiento Físico Sentado Por Andy Padilla 26	8:00am – 3:30pm Solicite Medi-Cal y CalFresh Por LA Departamento de Servicios Sociales Públicos 27	9:00am – 10:00am Clase de Ejercicios de Zumba Por Jovita Becerra 28
		10:00am – 11:00am Clase de Movimiento Folklórico Por Health Net's Health Education Department	9:00am – 10:00am Clase de Ejercicios de Zumba Por Jovita Becerra	10:00am – 11:30am Grupo de Apoyo: Mano a Mano Por Best Start East LA
		12:00pm – 3:00pm Club de Tejido		
31	Clase Divertida de Acondicionamiento Físico Bajo Impacto: Edades: 10 + Martes 9:00am – 10:00am	Clase de Acondicionamiento Físico Sentado: Edades: 10 + Miércoles 9:00am – 10:00am	Clases de Zumba: Edades: 10 + Lunes, Jueves, y Viernes 9:00am – 10:00am	 <p>¿Tiene preguntas? ¿Necesita pagar la prima? ¿O quiere cambiar de médico de atención primaria? ¿Acérquese para recibir ayuda!</p>
El Centro Estara Cerrado Por Observacion del Año Nuevo				

Lugar:
 Centro de Health Net de Recursos Comunitarios
 5047 East Whittier Boulevard
 East Los Angeles, CA 90022
 (323) 415-9120 o (877) 698-7662

Horario de atención:
 Lunes a Viernes
 8:00am – 4:30pm
www.healthnet.com
www.hndental.com

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.

