

- ♥ Learn how to use IEHP benefits
- ♥ Find out how to get affordable coverage
- ♥ Take health and fitness classes
- ♥ Connect with community programs



805 West 2nd Street, Suite C, San Bernardino, CA 92410 (at the Marshalls Plaza)
 Center Hours: Monday - Friday: 9am - 6pm • Saturday: 9am - 2pm • Closed Sunday

January 2020

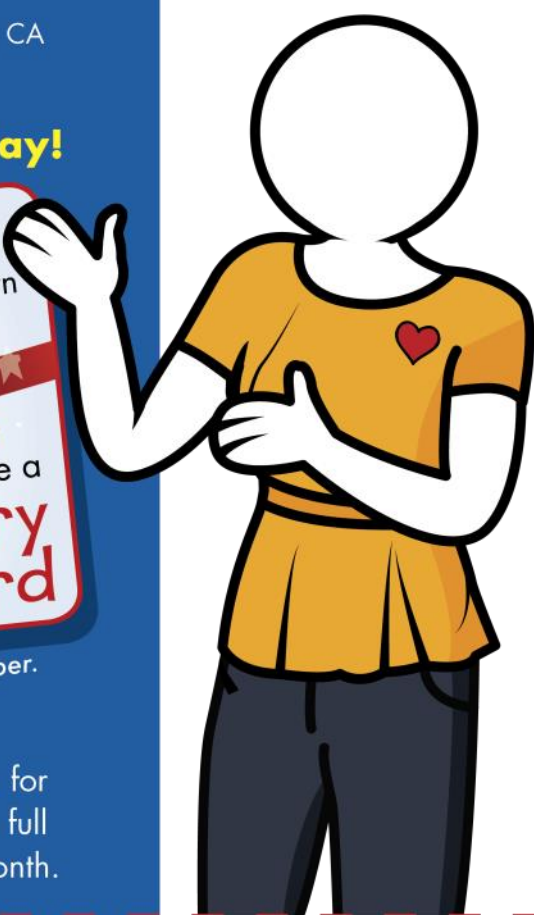
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 	2 Yoga 9am-10am Circle Time (ages 0-5) 9:30am-10am 10:30am-11am Aerobic Boxing Canceled Tai Chi 3pm-4pm Zumba 5pm-5:50pm	3 Community Health Worker Zumba 9am-10am Power Yoga 10:30am-11:30am Meditation 12pm-1pm Yoga for Seniors & People w/Disabilities 2pm-3:15pm Zumba Chairs 4:30pm-5:30pm	4 Zumba 9am-10am Line Dance 10:30am-11:30am Zumba for Kids (Ages 4-11 and Parents) 1pm-2pm
6 Community Health Worker Yoga 9am-10am New Year, New Goals – Social Activity 10:30am-11:30am Chair Aerobics 12pm-1pm Soy Chorizo Tacos – Food Demo (Spanish) 1pm-2pm Line Dance 1:30pm-2:30pm American Sign Language 2:30pm-3:30pm Sign & Sweat 3:45pm-4:45pm Zumba 5pm-5:50pm	7 Medi-Cal Eligibility Worker Zumba Gold 9am-10am Sign & Sweat 10:30am-11:30am Yoga for Seniors & People w/Disabilities 12pm-1:15pm Self Care 1:30pm-3pm Tai Chi 3pm-4pm IEHP Member Orientation (Spanish) 3pm-4pm Yogalates 4:30pm-5:30pm	8 Community Health Worker Zumba 9am-10am Eat Healthy Be Active #1 10am-12pm (Spanish) 1pm-3pm Aerobic Latin Dance 10:30am-11:30am Meditation 12pm-1pm Soy Chorizo Tacos – Food Demo 3:30pm-4:30pm Yoga 5pm-5:50pm	9 Medi-Cal Eligibility Worker Yoga 9am-10am Circle Time (ages 0-5) 9:30am-10am 10:30am-11am Aerobic Boxing Canceled IEHP Member Orientation 10:30am-11:30am My Life, My Choice 12:30pm-2pm 2:30pm-4pm (Spanish) Tai Chi 3pm-4pm Zumba 5pm-5:50pm	10 Community Health Worker Zumba 9am-10am CPR 10am-2pm Power Yoga 10:30am-11:30am Meditation 12pm-1pm Yoga for Seniors & People w/Disabilities 2pm-3:15pm Zumba Chairs 4:30pm-5:30pm	11 Zumba 9am-10am Line Dance 10:30am-11:30am Zumba for Kids (Ages 4-11 and Parents) 12pm-12:45pm Chocolate Kids Power Smoothie – Food Demo (Ages 4-11 and Parents) 1pm-1:45pm
13 Community Health Worker Yoga 9am-10am Chair Aerobics 12pm-1pm Avocado and Spinach Grilled Cheese – Food Demo (Spanish) 1pm-2pm Line Dance 1:30pm-2:30pm American Sign Language 2:30pm-3:30pm Sign & Sweat 3:45pm-4:45pm Zumba 5pm-5:50pm	14 Medi-Cal Eligibility Worker Zumba Gold 9am-10am Sign & Sweat 10:30am-11:30am Yoga for Seniors & People w/Disabilities 12pm-1:15pm Self Care (Spanish) 1:30pm-3pm Tai Chi 3pm-4pm Yogalates 4:30pm-5:30pm	15 Community Health Worker Zumba 9am-10am Eat Healthy Be Active #2 10am-12pm (Spanish) 1pm-3pm Aerobic Latin Dance 10:30am-11:30am Meditation 12pm-1pm Avocado and Spinach Grilled Cheese – Food Demo 3:30pm-4:30pm Yoga 5pm-5:50pm	16 Medi-Cal Eligibility Worker Yoga 9am-10am Circle Time (ages 0-5) 9:30am-10am 10:30am-11am Aerobic Boxing Canceled Immunization 101 10:30am-11:30am Healthy Teeth for Adults 1pm-2pm 2pm-3pm (Spanish) Tai Chi 3pm-4pm Diabetes Basics (Spanish) 4pm-5pm Zumba 5pm-5:50pm	17 Community Health Worker Zumba 9am-10am Power Yoga 10:30am-11:30am Meditation 12pm-1pm Yoga for Seniors & People w/Disabilities 2pm-3:15pm Medicare 101 3:30pm-4pm 4pm-4:30pm (Spanish) Zumba Chairs 4:30pm-5:30pm	18 
20 	21 Medi-Cal Eligibility Worker Zumba Gold 9am-10am Sign & Sweat 10:30am-11:30am Yoga for Seniors & People w/Disabilities 12pm-1:15pm Gardening – Blub Gardens 1pm-2pm 2pm-3pm (Spanish) Tai Chi 3pm-4pm Yogalates 4:30pm-5:30pm	22 Community Health Worker Zumba 9am-10am Eat Healthy Be Active #3 10am-12pm (Spanish) 1pm-3pm Aerobic Latin Dance 10:30am-11:30am Meditation 12pm-1pm Food Demo (Canceled) IEHP Member Orientation 3:30pm-4:30pm Yoga 5pm-5:50pm	23 Medi-Cal Eligibility Worker Yoga 9am-10am Circle Time (ages 0-5) 9:30am-10am 10:30am-11am Aerobic Boxing Canceled IEHP Member Orientation (Spanish) 10:30am-11:30am CPR (Spanish) 1pm-5pm Tai Chi 3pm-4pm Diabetes Basics 4pm-5pm Zumba 5pm-5:50pm	24 Community Health Worker Zumba 9am-10am Power Yoga 10:30am-11:30am Meditation 12pm-1pm Mock Interviewing 1pm-2:30pm (Spanish) 2:30pm-4pm Yoga for Seniors & People w/Disabilities 2pm-3:15pm Zumba Chairs 4:30pm-5:30pm	25 Zumba 9am-10am Line Dance 10:30am-11:30am Zumba for Kids (Ages 4-11 and Parents) 12pm-12:45pm Gardening for Kids – Bulb Garden for Kids (Ages 4-11 and Parents) 1pm-1:45pm
27 Community Health Worker Yoga 9am-10am Chair Aerobics 12pm-1pm Zoodles Alfredo – Food Demo (Spanish) 1pm-2pm Line Dance 1:30pm-2:30pm American Sign Language 2:30pm-3:30pm Sign & Sweat 3:45pm-4:45pm Zumba 5pm-5:50pm	28 Medi-Cal Eligibility Worker Zumba Gold 9am-10am Sign & Sweat 10:30am-11:30am Yoga for Seniors & People w/Disabilities 12pm-1:15pm Tai Chi 3pm-4pm Yogalates 4:30pm-5:30pm	29 Community Health Worker Zumba 9am-10am Eat Healthy Be Active #4 10am-12pm (Spanish) 1pm-3pm Aerobic Latin Dance 10:30am-11:30am Meditation 12pm-1pm Zoodles Alfredo – Food Demo 3:30pm-4:30pm Yoga 5pm-5:50pm	30 Medi-Cal Eligibility Worker Yoga 9am-10am Circle Time (ages 0-5) 9:30am-10am 10:30am-11am Aerobic Boxing Canceled Tai Chi 3pm-4pm Zumba 5pm-5:50pm	31 Community Health Worker Zumba 9am-10am Power Yoga 10:30am-11:30am My Plate, My Win – Food Demo 11:30am-12:30pm 1pm-2pm (Spanish) Meditation 12pm-1pm Yoga for Seniors & People w/Disabilities 2pm-3:15pm Family Asthma Class 3pm-5:30pm Zumba Chairs 4:30pm-5:30pm	
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Our Doors Are Open. See Us Today!

Get a FREE Gift Card!
Tear this sheet off, take it to the CRC and learn how to use your IEHP benefits by attending a **FREE Member Orientation class.**

You'll take home a \$15 Grocery Gift Card

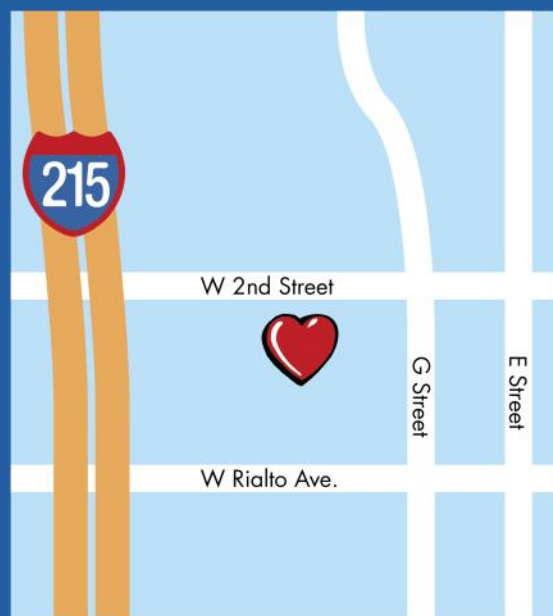
**This is a one-time only reward per IEHP Member.*



This CRC Class Mailer is a special promotion for this month only. Visit www.iehp.org/crc for a full list of FREE health and fitness classes each month.

This Month Only: Enjoy this Special Mailer January 2020 Class information	Adults 12 +	Seniors	Kids (Ages 4-11)	English	Spanish
Fitness and Dance Classes (ages 12 and up): Stay active with Zumba, Zumba Gold, Yogalates, Aerobic Boxing, Yoga, Chair Aerobics, Meditation, Yoga for Seniors & People with Disabilities, Tai Chi, and Line Dance. Zumba and Yoga for Kids (ages 4-11).	✓	✓	✓	✓	✓
Circle Time For toddlers up to age five, this class offers learning and language for little ones and their parents/caregivers, focusing on healthy behaviors and developmental milestones. Ages 0-5 and parents.	✓	✓	✓ Ages 0-5 with Adult	✓	✓
CPR For the first 30 people who register; ages 16 and over . Get certified for two years for CPR and First Aid through American Heart Association. Registration starts one hour prior to the start of class. On first come first serve basis.	✓ 16+	✓		✓	✓
Nutrition Classes and Food Demos For the first 30 people who register. This class consists of interactive and educational nutrition classes for adults. 1. Soy Chorizo Tacos 2. Avocado and Spinach Grilled Cheese 3. Zoodles Alfredo	✓	✓		✓	✓
Nutrition Classes and Food Demos for Kids (for the first 30 parents with kids who sign up) Fun and engaging classes for kids to learn about nutrition. 1. Chocolate Kids Power Smoothie			✓ Ages 4-11 with Adult	✓	✓
Self-Esteem We will discuss 7 steps to build your self-esteem. We will talk about how to be motivated and focus on your wellbeing to be a confident person. (Spanish: See calendar for schedule)	✓ 18+	✓		✓	✓
IEHP Member Orientation Get a \$15 grocery card for taking this class. You'll learn how to use your IEHP benefits, ways to get care and more. This is a one time only reward per IEHP Member (Must be active with IEHP).	✓ 18+	✓		✓	✓
American Sign Language 🙋 American Sign Language for Beginners	✓	✓		✓	✓
Eat Healthy, Be Active This series of four, two-hour workshops focus on wellness through healthy eating and exercise. Enjoy hands-on activities, view short videos, and get a workbook to take home. (Weight tracking is not required).	✓	✓	✓ Ages 7-17 with Adult	✓	✓
Sign & Sweat 🙋 This fitness class offers access to people who are Deaf and Hard of Hearing. Instructor uses American Sign Language (ASL) and basic exercise moves. All are welcome!	✓	✓		✓	✓
January Social Events 1. New Year, New Goals	✓	✓		✓	✓

Now with three locations for your convenience in Riverside, San Bernardino and Victorville.



www.iehp.org

Destination >>> Health



Use your phone to scan the **QR** code to view our full schedule of **FREE** health and fitness classes, or visit www.iehp.org/crc.

METRO: Lines 1, 3/4, 10
San Bernardino Transit Center is located on the corner of Rialto Ave. & E. Street
FREE Parking Available

805 West 2nd Street, Suite C
San Bernardino 92410
(at the Marshalls Plaza)

1-866-228-4347

TTY users should call **711**



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