



Community Resource Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Classes in BLUE qualify for the My Rewards for a Healthy Life Program Classes in GREEN are by appointment and registration only.	CENTER SERVICES - Member Services - Enrollment Services* - Medi-cal, MediCare, Covered California, & CalFresh - New Member Orientation *Contact Center for Availability of Services ALL SERVICES AND CLASSES ARE FREE FOR EVERYONE!		Nutrition and Exercise 1 10 - 11:30 a.m. Family Sing 11 - 11:35 a.m. What are Sexually Transmitted Diseases? (STD's) 3- 4 p.m. Pilates 3 - 4 p.m. Salsa Dance Aerobics 4 - 5 p.m.	CPR/First Aid 2 10 a.m. - 1 p.m. Spa. Fun Arts and Crafts for Kids 3:30 - 4 p.m. Domestic Violence Support Group 3:30 - 5 p.m. Spa. Healthy Cooking for Kids (Ages 5 - 12) 4- 5 p.m.	CENTER CLOSED
Family Sing - Virtual 5 9 - 9:30 a.m. Register at : Urbanvoicesproject.org/programs/Family Sing Nutrition and Exercise 10 - 11:30 a.m. The Arts of Fruits and Vegetables 1:30- 2:30 p.m. Spa. The World of Juicing and Salads 2:30 - 4 p.m. Spa. Self Esteem 4 - 5 p.m. Children's Physical Fitness 4 - 5 p.m.	Zumba 6 9:30 - 10:30 a.m. Registered Dietitian Group Classes 10 a.m. - 1 p.m. Diabetes 11:15 a.m. -12:45 p.m. Osteoporosis and Exercise 3- 4 p.m. Spa. Cardio Dancercise 3 - 4 p.m. Salsa Dance Aerobics 4 - 5 p.m. Communication and Dementia 4- 5 p.m. Spa	Cardio Dancercise 7 10 - 11 a.m. Lap Read 10 - 11 a.m. Yoga 11 - 12 p.m. Portion Distortion 2 -3 p.m. Healthy Cooking 3 - 5 p.m. Fun Arts and Crafts for Kids 3:30- 4 p.m.	Nutrition and Exercise 8 10 - 11:30 a.m. Family Sing 11 - 11:35 a.m. Fluoride Varnish, Information for Parents 3- 4 p.m. Pilates 3 - 4 p.m.. Salsa Dance Aerobics 4 - 5 p.m	CPR/First Aid 9 10 a.m. - 1 p.m. Eng. Fun Arts and Crafts for Kids 3:30 - 4 p.m. Helpful Parenting Tips 3:30 - 5 p.m. Spa. Healthy Cooking for Kids (Ages 5 - 12) 4- 5 p.m.	CENTER CLOSED
Family Sing - Virtual 12 9 - 9:30 a.m. Register at : Urbanvoicesproject.org/programs/Family Sing Nutrition and Exercise 10 - 11:30 a.m. The Arts of Fruits and Vegetables 1:30- 2:30 p.m. Spa. The World of Juicing and Salads 2:30 - 4 p.m. Spa. Healing Through Art 4 - 5 p.m. Children's Physical Fitness 4 - 5 p.m.	Zumba 13 9:30 - 10:30 a.m. Registered Dietitian Group Classes 10 a.m. - 1 p.m. Diabetes 11:15 a.m. -12:45 p.m. Asthma 1- 2 p.m. Spa. Dilated Pupil Exam 3- 4 p.m. Spa. Cardio Dancercise 3 - 4 p.m. Salsa Dance Aerobics 4 - 5 p.m.	Cardio Dancercise 14 10 - 11 a.m. Lap Read 10 - 11 a.m. Developmental Screenings 10 - 12 p.m (Ages 0-3) Yoga 11 - 12 p.m. Little Sugar in the Blood 2 -3 p.m. Healthy Cooking 3 - 5 p.m. Fun Arts and Crafts for Kids 3:30- 4 p.m.	Health Screenings 15 10 - 3:30 p.m Nutrition and Exercise 10 - 11:30 a.m. Family Sing 11 - 11:35 a.m. Financial Health 3- 4 p.m. Pilates 3 - 4 p.m. Salsa Dance Aerobics 4 - 5 p.m	CPR/First Aid 16 10 a.m. - 1 p.m. Eng. Fun Arts and Crafts for Kids 3:30 - 4 p.m. Domestic Violence Support Group 3:30 - 5 p.m. Spa. Healthy Cooking for Kids (Ages 5 - 12) 4- 5 p.m.	CENTER CLOSED
JUNETEENTH NATIONAL INDEPENDENCE DAY CENTER CLOSED	Zumba 20 9:30 - 10:30 a.m. Registered Dietitian Group Classes 10 a.m. - 1 p.m. Diabetes 11:15 a.m. -12:45 p.m. Add More Vegetables to Your Meals 3- 4 p.m. Spa. Cardio Dancercise 3 - 4 p.m. Salsa Dance Aerobics 4 - 5 p.m.	Cardio Dancercise 21 10 - 11 a.m. Lap Read 10 - 11 a.m. Yoga 11 - 12 p.m. What is Type 1 Diabetes? 2 -3 p.m. Healthy Cooking 3 - 5 p.m. Fun Arts and Crafts for Kids 3:30- 4 p.m.	Nutrition and Exercise 22 10 - 11:30 a.m. Family Sing 11 - 11:35 a.m. Grief and Loss 3- 4 p.m. Pilates 3 - 4 p.m. Salsa Dance Aerobics 4 - 5 p.m	Healthy Eating Resource Fair 10 a.m. While Supplies Last, receive a \$20 Gift Card CPR/First Aid - Virtual 10 a.m. - 1 p.m. Eng. To Register Online Visit http://acls123.com/Free-CPR/ Fun Arts and Crafts for Kids 3:30 - 4 p.m. Helpful Parenting Tips 3:30 - 5 p.m. Spa. Healthy Cooking for Kids (Ages 5 - 12) 4- 5 p.m.	CENTER CLOSED
Family Sing - Virtual 26 9 - 9:30 a.m. Register at : Urbanvoicesproject.org/programs/Family Sing Nutrition and Exercise 10 - 11:30 a.m. The Arts of Fruits and Vegetables 1:30- 2:30 p.m. Spa. The World of Juicing and Salads 2:30 - 4 p.m. Spa. Fighting Stress Through Art 4 - 5 p.m. Children's Physical Fitness 4 - 5 p.m.	Zumba 27 9:30 - 10:30 a.m. Registered Dietitian Group Classes 10 a.m. - 1 p.m. Diabetes 11:15 a.m. -12:45 p.m. What is COPD? 1- 2 p.m. Understanding Asthma 3- 4 p.m. Spa. Cardio Dancercise 3 - 4 p.m. Salsa Dance Aerobics 4 - 5 p.m What is Breast Cancer? 4- 5 p.m. Spa.	Cardio Dancercise 28 10 - 11 a.m. Lap Read 10 - 11 a.m. Developmental Screenings 10 - 12 p.m (Ages 0-3) Yoga 11 - 12 p.m. Menopause and Hormones 2 -3 p.m. Spa. Healthy Cooking 3 - 5 p.m. Fun Arts and Crafts for Kids 3:30- 4 p.m. Domestic Violence 4- 5 p.m. Spa.	Nutrition and Exercise 29 10 - 11:30 a.m. Family Sing 11 - 11:35 a.m. Exercising with Asthma 3- 4 p.m. Pilates 3 - 4 p.m. Salsa Dance Aerobics 4 - 5 p.m	Fun Arts and Crafts for Kids 30 3:30 - 4 p.m. Domestic Violence Support Group 3:30 - 5 p.m. Spa. Healthy Cooking for Kids (Ages 5 - 12) 4- 5 p.m.	CRC Website

Class space is limited (first come, first served). Classes are subject to change, rescheduling or cancellation without notice. Child care is provided while you attend a class. (Ages 4+)

BE ACTIVE,
HEALTHY & INFORMED



3200 E. Imperial Hwy.
Lynwood, CA 90262



CENTER HOURS:
Monday - Friday: 9 a.m. - 5 p.m.
Saturday: CLOSED



310.661.3000
CommunityResourceCenterLA.org



Community Resource Center

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
Classes in BLUE qualify for the My Rewards for a Healthy Life Program Classes in GREEN are by appointment and registration only.	SERVICIOS DEL CENTRO Servicios a los miembros Servicios de Inscripción* Medi-cal, MediCare, Covered California, y CalFresh Orientación para nuevos miembros *Comuníquese con el Centro para disponibilidad de Servicios TODOS LOS SERVICIOS Y LAS CLASES SON GRATIS ¡PARA TODOS!		Nutricion y Ejercicio 10 - 11:30 a.m. Familia Cantando 11 -11:35 a.m. Que son las Enfermedades de Transmision Sexual? 3- 4 p.m. Esp. Pilates 3 - 4 p.m. Baile de Salsa Aerobicos 4 - 5 p.m.	RCP/ Primeros Auxilios 10 a.m. - 1 p.m. Esp. Artes y Manualidades Para Niños 3:30 - 4 p.m. Grupo de Apoyo de Violencia Domestica 3:30 - 5 p.m. Esp. Cocina Saludable Para Niños (Edades 5 - 12) 4- 5 p.m.	CENTRO CERRADO
Familia Cantando- Virtual 9 - 9:30 a.m. Para Registrarse : Urbanvoicesproject.org/programs/Family Sing Nutricion y Ejercicio 10 -11:30 a.m. El Arte de las Frutas y Vegetales 1:30- 2:30 p.m. Esp. El Mundo de los Jugos y Ensaladas 2:30 - 4 p.m. Esp. Autoestima 4 - 5 p.m. Entrenamiento Fisico Para Niños 4 - 5 p.m.	Zumba 9:30 - 10:30 a.m. Dietista Registrada 10 a.m. - 1 p.m. Diabetes 11:15 a.m. -12:45 p.m. La Osteoporosis y el Ejercicio 3- 4 p.m. Esp. Baile de Ejercicio Cardiovascular 3 - 4 p.m. Baile de Salsa Aerobicos 4 - 5 p.m Comunicacion y Demencia 4- 5 p.m. Esp.	Baile de Ejercicio Cardiovascular 10 - 11 a.m. Clase de Lectura 10 - 11 a.m. Yoga 11 - 12 p.m. Distorcion de la Porcion 2 -3 p.m. Esp. Cocina Saludable 3 - 5 p.m. Esp. Artes y Manualidades Para Niños 3:30- 4 p.m.	Nutricion y Ejercicio 10 - 11:30 a.m. Familia Cantando 11 -11:35 a.m. Barniz de Fluor, Informacion Para Padres 3- 4 p.m. Esp. Pilates 3 - 4 p.m. Baile de Salsa Aerobicos 4 - 5 p.m.	RCP/ Primeros Auxilios 10 a.m. - 1 p.m. Ing. Artes y Manualidades Para Niños 3:30 - 4 p.m. Consejos Utiles Para Padres 3:30 - 5 p.m. Esp. Cocina Saludable Para Niños (Edades 5 - 12) 4- 5 p.m.	CENTRO CERRADO
Familia Cantando- Virtual 9 - 9:30 a.m. Para Registrarse : Urbanvoicesproject.org/programs/Family Sing Nutricion y Ejercicio 10 -11:30 a.m. El Arte de las Frutas y Vegetales 1:30- 2:30 p.m. Esp. El Mundo de los Jugos y Ensaladas 2:30 - 4 p.m. Esp. Curacion a Traves del Arte 4 - 5 p.m. Esp. Entrenamiento Fisico Para Niños 4 - 5 p.m	Zumba 9:30 - 10:30 a.m. Dietista Registrada 10 a.m. - 1 p.m. Diabetes 11:15 a.m. -12:45 p.m. Asma 1- 2 p.m. Esp. Examen de Pupila Dilatada 3- 4 p.m. Esp. Baile de Ejercicio Cardiovascular 3 - 4 p.m. Baile de Salsa Aerobicos 4 - 5 p.m	Baile de Ejercicio Cardiovascular 10 - 11 a.m. Clase de Lectura 10 - 11 a.m. Evaluacion del Desarrollo 10 - 12 p.m (Edades 0-3) Yoga 11 - 12 p.m. Un Poco de Azucar en la Sangre 2 -3 p.m. Esp. Cocina Saludable 3 - 5 p.m. Esp. Artes y Manualidades Para Niños 3:30- 4 p.m.	Examenes de Salud 10 - 3:30 p.m. Nutricion y Ejercicio 10 - 11:30 a.m. Familia Cantando 11 -11:35 a.m. Ayuda Financiera 3- 4 p.m. Pilates 3 - 4 p.m. Baile de Salsa Aerobicos 4 - 5 p.m.	RCP/ Primeros Auxilios 10 a.m. - 1 p.m. Ing Artes y Manualidades Para Niños 3:30 - 4 p.m. Grupo de Apoyo de Violencia Domestica 3:30 - 5 p.m. Esp. Cocina Saludable Para Niños (Edades 5 - 12) 4- 5 p.m.	CENTRO CERRADO
JUNETEENTH DÍA DE LA INDEPENDENCIA NACIONAL CENTRO CERRADO	Zumba 9:30 - 10:30 a.m. Dietista Registrada 10 a.m. - 1 p.m. Diabetes 11:15 a.m. -12:45 p.m. Agrega mas Vegetales a sus Comidas 3- 4 p.m. Esp. Baile de Ejercicio Cardiovascular 3 - 4 p.m. Baile de Salsa Aerobicos 4 - 5 p.m	Baile de Ejercicio Cardiovascular 10 - 11 a.m. Clase de Lectura 10 - 11 a.m. Yoga 11 - 12 p.m. Que es la Diabetes Tipo 1 2 -3 p.m. Esp. Cocina Saludable 3 - 5 p.m. Esp. Artes y Manualidades Para Niños 3:30- 4 p.m.	Nutricion y Ejercicio 10 - 11:30 a.m. Familia Cantando 11 -11:35 a.m. Dolor y Perdida 3- 4 p.m. Esp. Pilates 3 - 4 p.m. Baile de Salsa Aerobicos 4 - 5 p.m.	Feria de Recursos de Alimentacion Saludable 10 a.m. - Hasta Agotar Existencias RCP/ Primeros Auxilios - Virtual 10 a.m. - 1 p.m. Ing. Para Registrarse: http://acls123.com/Free-CPR/ Artes y Manualidades Para Niños 3:30 - 4 p.m. Consejos Utiles Para Padres 3:30 - 5 p.m. Spa. Cocina Saludable Para Niños (Edades 5 - 12) 4- 5 p.m.	CENTRO CERRADO
Familia Cantando- Virtual 9 - 9:30 a.m. Para Registrarse : Urbanvoicesproject.org/programs/Family Sing Nutricion y Ejercicio 10 -11:30 a.m. El Arte de las Frutas y Vegetales 1:30- 2:30 p.m. Esp. El Mundo de los Jugos y Ensaladas 2:30 - 4 p.m. Esp. Combatiendo el Estres por Medio del Arte 4 - 5 p.m. Esp. Entrenamiento Fisico Para Niños 4 - 5 p.m	Zumba 9:30 - 10:30 a.m. Dietista Registrada 10 a.m. - 1 p.m. Diabetes 11:15 a.m. -12:45 p.m. Que es EPOC Pulmonar Obstructiva Cronica 1- 2 p.m. Esp. Como Entender el Asma 3- 4 p.m. Esp. Baile de Ejercicio Cardiovascular 3 - 4 p.m. Baile de Salsa Aerobicos 4 - 5 p.m Cancer de los Cenos 4- 5 p.m. Esp.	Baile de Ejercicio Cardiovascular 10 - 11 a.m. Clase de Lectura 10 - 11 a.m. Evaluacion del Desarrollo 10 - 12 p.m (Edades 0-3) Yoga 11 - 12 p.m. La Menopausia y las Hormonas 2 -3 p.m. Cocina Saludable 3 - 5 p.m. Artes y Manualidades Para Niños 3:30- 4 p.m. Domestic Violence 4- 5 p.m.	Nutricion y Ejercicio 10 - 11:30 a.m. Familia Cantando 11 -11:35 a.m. El Ejercicio Fisico en Personas con Asma 3- 4 p.m. Pilates 3 - 4 p.m. Baile de Salsa Aerobicos 4 - 5 p.m.	Artes y Manualidades Para Niños 3:30 - 4 p.m. Grupo de Apoyo de Violencia Domestica 3:30 - 5 p.m. Esp. Cocina Saludable Para Niños (Edades 5 - 12) 4- 5 p.m.	CRC Sitio de Web

Espacio de las clases es limitado (Se le sirve en orden de llegada). Las clases están sujetas a cambio, reprogramación o cancelación sin previo aviso. Cuidado de niños está disponible durante las clases. (Edades 4+)

SEA ACTIVO,
SALUDABLE E INFORMADO



3200 E. Imperial Hwy.
Lynwood, CA 90262



HORARIO DEL CENTRO:
Lunes a Viernes: 9 a.m. - 5 p.m.
Sábado: Cerrado



310.661.3000
activehealthyinformed.org