



# Community Resource Center



# LYNWOOD JULY 2024

| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  | SATURDAY                 |
|---|---|--|---|---|--------------------------|
| <b>Nutrition and Exercise</b> 1<br>10 - 11:30 a.m.<br><b>Lap Read (Ages 0-5)</b><br>11:15 a.m. - 12:15 p.m.<br><b>The Arts of Fruits and Vegetables</b><br>1- 2 p.m. Spa.<br><b>The World of Juicing and Salads</b><br>2 - 3:30 p.m. Spa.<br><b>Self - Esteem</b><br>4 - 5 p.m. Spa.                | <b>Zumba</b> 2<br>9:30 - 10:30 a.m.<br><b>Registered Dietitian Group Classes</b><br>10 a.m. - 1 p.m.<br><b>Diabetes</b><br>11 a.m. -12:15 p.m.<br><b>Breastfeeding Benefits</b><br>1 - 2 p.m. Esp<br><b>What are Triglycerides?</b><br>3 - 4 p.m. Spa.<br><b>Cardio Dancercise</b><br>3 - 4 p.m.<br><b>Salsa Dance Aerobics</b><br>4 - 5 p.m.<br><b>Fitness and Body Sculpting</b><br>5 - 6 p.m | <b>Cardio Dancercise</b> 3<br>10 - 11 a.m.<br><b>Lap Read (Ages 0-5)</b><br>10 - 11 a.m.<br><b>Yoga</b><br>11 - 12 p.m.<br><b>What is Diabetes Type 1?</b><br>2 - 3 p.m. Spa.<br><b>Healthy Cooking</b><br>2:45 - 4:45 p.m. Spa.<br><b>Fun Arts and Crafts for Kids (Ages 6 -12)</b><br>3:30 - 4 p.m.<br><b>Zumba</b><br>5 - 6 p.m.                                  | <b>INDEPENDENCE DAY</b><br><br><b>CENTER CLOSED</b>   | <b>CPR/First Aid (Ages 14+)</b> 5<br>10 a.m. - 1 p.m. Spa.<br><b>Fun Arts and Crafts for Kids (Ages 6 -12)</b><br>3:30 - 4 p.m.<br><b>Domestic Violence Support Group</b><br>3:30 - 5 p.m. Spa.<br><b>Healthy Cooking for Kids (Ages 6 -12)</b><br>4 - 5 p.m.   | <br><b>CENTER CLOSED</b> |
| <b>Nutrition and Exercise</b> 8<br>10 - 11:30 a.m.<br><b>Lap Read (Ages 0-5)</b><br>11:15 a.m. - 12:15 p.m.<br><b>The Arts of Fruits and Vegetables</b><br>1- 2 p.m. Spa.<br><b>The World of Juicing and Salads</b><br>2 - 3:30 p.m. Spa.<br><b>Healing Through Art</b><br>4 - 5 p.m. Spa.          | <b>Zumba</b> 9<br>9:30 - 10:30 a.m.<br><b>Registered Dietitian Group Classes</b> 10 a.m. - 1 p.m.<br><b>Diabetes</b><br>11 a.m. -12:15 p.m.<br><b>Controlling COPD</b><br>1 - 2 p.m. Esp<br><b>What is Parkinson's Disease?</b> 3 - 4 p.m. Spa.<br><b>Cardio Dancercise</b> 3 - 4pm.<br><b>Salsa Dance Aerobics</b><br>4 - 5 p.m.<br><b>Fitness and Body Sculpting</b><br>5 - 6 p.m             | <b>Cardio Dancercise</b> 10<br>10 - 11 a.m.<br><b>Lap Read (Ages 0-5)</b><br>10 - 11 a.m.<br><b>Yoga</b><br>11 - 12 p.m.<br><b>What is Diabetes Type 2?</b><br>2 - 3 p.m. Spa.<br><b>Healthy Cooking</b><br>2:45 - 4:45 p.m. Spa.<br><b>Fun Arts and Crafts for Kids(Ages 6 -12)</b><br>3:30 - 4 p.m.<br><b>Zumba</b><br>5 - 6 p.m.                                  | <b>Nutrition and Exercise</b> 11<br>10 - 11:30 a.m.<br><b>Family Sing (Ages 0-5)</b><br>10-10:45 a.m.<br><b>Tips for Kids With High Cholesterol</b><br>3 - 4 p.m. Spa.<br><b>Pilates</b><br>3 - 4 p.m.<br><b>Salsa Dance Aerobics</b><br>4 - 5 p.m.<br><b>Personal Improvement and Relaxation Through Art</b><br>5 - 6 p.m. Spa       | <b>Food Giveaway</b> 12<br>Sponsored by SoCal Food Bank<br><b>9:30-11:30 a.m.</b><br><b>CPR/First Aid (Ages 14+)</b><br>10 a.m. - 1 p.m. Spa.<br><b>Fun Arts and Crafts for Kids (Ages 6 -12)</b><br>3:30 - 4 p.m.<br><b>Helpful Parenting Tips</b><br>3:30 - 5 p.m. Spa.<br><b>Healthy Cooking for Kids (Ages 6 -12)</b><br>4 - 5 p.m. | <br><b>CENTER CLOSED</b> |
| <b>Nutrition and Exercise</b> 15<br>10 - 11:30 a.m.<br><b>Lap Read (Ages 0-5)</b><br>11:15 a.m. - 12:15 p.m.<br><b>The Arts of Fruits and Vegetables</b><br>1- 2 p.m. Spa.<br><b>The World of Juicing and Salads</b><br>2 - 3:30 p.m. Spa.<br><b>Relax Using Art</b><br>4 - 5 p.m. Spa.             | <b>Zumba</b> 16<br>9:30 - 10:30 a.m.<br><b>Registered Dietitian Group Classes</b> 10 a.m. - 1 p.m.<br><b>Diabetes</b><br>11 a.m. -12:15 p.m.<br><b>High Cholesterol: Assessing Your Risks</b><br>3 - 4 p.m. Spa.<br><b>Cardio Dancercise</b><br>3 - 4 p.m.<br><b>Salsa Dance Aerobics</b><br>4 - 5 p.m.<br><b>Fitness and Body Sculpting</b><br>5 - 6 p.m                                       | <b>Cardio Dancercise</b> 17<br>10 - 11 a.m.<br><b>Lap Read (Ages 0-5)</b><br>10 - 11 a.m.<br><b>Yoga</b><br>11 - 12 p.m.<br><b>Choose Whole Grains</b><br>2 - 3 p.m. Spa.<br><b>Healthy Cooking</b><br>2:45 - 4:45 p.m. Spa.<br><b>Fun Arts and Crafts for Kids(Ages 6 -12)</b><br>3:30 - 4 p.m.<br><b>Zumba</b><br>5 - 6 p.m.                                       | <b>Nutrition and Exercise</b> 18<br>10 - 11:30 a.m.<br><b>Family Sing (Ages 0-5)</b><br>10-10:45 a.m.<br><b>Complementary and Alternative Medicine (CAM)</b> 3 - 4 p.m. Spa.<br><b>Pilates</b><br>3 - 4 p.m.<br><b>Salsa Dance Aerobics</b><br>4 - 5 p.m.<br><b>Personal Improvement and Relaxation Through Art</b><br>5 - 6 p.m. Spa | <b>BACK TO SCHOOL EVENT</b><br><br><b>10AM - 2PM</b>  | <br><b>CENTER CLOSED</b> |
| <b>Nutrition and Exercise</b> 22<br>10 - 11:30 a.m.<br><b>Lap Read (Ages 0-5)</b><br>11:15 a.m. - 12:15 p.m.<br><b>The Arts of Fruits and Vegetables</b><br>1- 2 p.m. Spa.<br><b>The World of Juicing and Salads</b><br>2 - 3:30 p.m. Spa.<br><b>Fighting Stress Through Art</b><br>4 - 5 p.m. Spa. | <b>Zumba</b> 23<br>9:30 - 10:30 a.m.<br><b>Registered Dietitian Group Classes</b> 10 a.m. - 1 p.m.<br><b>Diabetes</b><br>11 a.m. -12:15 p.m.<br><b>Understanding Bipolar Disorder</b><br>3 - 4 p.m. Spa.<br><b>Cardio Dancercise</b><br>3 - 4 p.m.<br><b>Salsa Dance Aerobics</b><br>4 - 5 p.m.<br><b>Fitness and Body Sculpting</b><br>5 - 6 p.m   | <br><b>CENTER CLOSED</b>   | <b>Nutrition and Exercise</b> 25<br>10 - 11:30 a.m.<br><b>Family Sing (Ages 0-5)</b><br>10-10:45 a.m.<br><b>Drug and Alcohol Prevention</b><br>3 - 4 p.m. Spa.<br><b>Pilates</b><br>3 - 4 p.m.<br><b>Salsa Dance Aerobics</b><br>4 - 5 p.m.<br><b>Personal Improvement and Relaxation Through Art</b><br>5 - 6 p.m. Spa.              | <b>CPR/First Aid- Virtual</b> 26<br>10 a.m. - 1 p.m. Eng.<br><b>Fun Arts and Crafts for Kids (Ages 6 -12)</b><br>3:30 - 4 p.m.<br><b>Helpful Parenting Tips</b><br>3:30 - 5 p.m. Spa.<br><b>Healthy Cooking for Kids (Ages 6 -12)</b><br>4 - 5 p.m.   | <br><b>CENTER CLOSED</b> |
| <b>Nutrition and Exercise</b> 29<br>10 - 11:30 a.m.<br><b>Lap Read (Ages 0-5)</b><br>11:15 a.m. - 12:15 p.m.<br><b>The Arts of Fruits and Vegetables</b><br>1- 2 p.m. Spa.<br><b>The World of Juicing and Salads</b><br>2 - 3:30 p.m. Spa.  | <b>Zumba</b> 30<br>9:30 - 10:30 a.m.<br><b>Registered Dietitian Group Classes</b> 10 a.m. - 1 p.m.<br><b>Diabetes</b><br>11 a.m. -12:15 p.m.<br><b>Heart Health</b><br>3- 4 p.m. Spa.<br><b>Cardio Dancercise</b> 3 -4 p.m.<br><b>Blood Pressure-Cholesterol</b><br>4 - 5 p.m. Spa.<br><b>Salsa Dance Aerobics</b><br>4 - 5 p.m.<br><b>Fitness and Body Sculpting</b><br>5 - 6 p.m.             | <b>Cardio Dancercise</b> 31<br>10 - 11 a.m.<br><b>Lap Read (Ages 0-5)</b><br>10 - 11 a.m.<br><b>Yoga</b> 11 - 12 p.m..<br><b>How to Overcome Weight Management</b> 2 - 3 p.m.<br><b>Healthy Cooking</b><br>2:45 - 4:45 p.m. Spa.<br><b>Fun Crafts for Kids (Ages 6 -12)</b> 3:30 - 4 p.m.<br><b>Rethink Your Drink</b><br>4 - 5 p.m. Spa.<br><b>Zumba</b> 5 - 6 p.m. | <b>L.A. Care Member Orientation and Member Services</b><br>(Mon- Fri) 9 a.m. - 4 p.m.<br><b>Medi-Cal Enrollments</b><br>(Monday - Friday) 9 a.m. - 5 p.m.<br><b>Covered California Enrollments</b><br>(Mon. Wed) 9 a.m. - 5 p.m.<br><b>CalFresh Enrollments</b><br>(Tuesdays) 9 a.m. - 4 p.m.   | Classes in <b>BLUE</b> qualify for the My Rewards for a Healthy Life Program<br><br>Classes in <b>GREEN</b> are by appointment and registration only.   | <br><b>CRC Website</b>   |

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. - 6 p.m.  
Saturday: **CLOSED**



310.661.3000

CommunityResourceCenterLA.org



| LUNES  | MARTES  | MIÉRCOLES   | JUEVES  | VIERNES   | SÁBADO  |
|--|---|---|---|---|---|
| <b>Nutrición y Ejercicio</b> 1<br>10 - 11:30 a.m.<br><b>Clase de Lectura (Edades 0-5)</b><br>11:15 a.m. - 12:15 p.m.<br><b>El Arte de las Frutas y Vegetales</b><br>1- 2 p.m. Esp.<br><b>El Mundo de los Jugos y Ensaladas</b><br>2 - 3:30 p.m. Esp.<br><b>Autoestima</b><br>4 - 5 p.m. Esp.                             | <b>Zumba</b> 9:30 - 10:30 a.m. 2<br><b>Dietista Registrada</b><br>10 a.m. - 1 p.m.<br><b>Diabetes</b> 11 a.m. - 12:15 p.m.<br><b>Beneficios de la Lactancia</b><br>1 - 2 p.m. Esp<br><b>¿Que son los Triglicéridos?</b><br>3 - 4 p.m. Esp.<br><b>Baile de Ejercicio Cardiovascular</b> 3 - 4 p.m.<br><b>Baile de Salsa Aeróbicos</b><br>4 - 5 p.m.<br><b>Entrenamiento y Ejercicio de Escultura Corporal</b><br>5 - 6 p.m | <b>Baile de Ejercicio Cardiovascular</b> 3<br>10 - 11 a.m.<br><b>Clase de Lectura (Edades 0-5)</b> 10 - 11 a.m<br><b>Yoga</b> 11 - 12 p.m.<br><b>¿Qué es la Diabetes Tipo 1?</b><br>2 - 3 p.m. Esp.<br><b>Cocina Saludable</b><br>2:45 - 4:45 p.m. Esp..<br><b>Artes y Manualidades Para Niños (Edades 6 - 12)</b><br>3:30 - 4 p.m.<br><b>Zumba</b> 5 - 6 p.m.                        | <div style="border: 2px solid orange; padding: 10px; text-align: center;"> <b>DÍA DE INDEPENDENCIA</b><br/> <br/> <b>CENTRO CERRADO</b> </div>  | <b>RCP/Primeros Auxilios (Edades 14+)</b> 5<br>10 a.m. - 1 p.m. Esp.<br><b>Artes y Manualidades Para Niños (Edades 6 - 12)</b><br>3:30 - 4 p.m.<br><b>Grupo de Apoyo de Violencia Doméstica</b><br>3:30 - 5 p.m. Esp.<br><b>Cocina Saludable Para Niños (Edades 6 - 12)</b><br>4 - 5 p.m.   | <div style="border: 2px solid orange; padding: 10px; text-align: center;"> <br/> <b>CENTRO CERRADO</b> </div>   |
| <b>Nutrición y Ejercicio</b> 8<br>10 - 11:30 a.m.<br><b>Clase de Lectura (Edades 0-5)</b><br>11:15 a.m. - 12:15 p.m.<br><b>El Arte de las Frutas y Vegetales</b><br>1 - 2 p.m. Esp.<br><b>El Mundo de los Jugos y Ensaladas</b><br>2 - 3:30 p.m. Esp.<br><b>Curación a través del Arte</b><br>4 - 5 p.m. Esp.            | <b>Zumba</b> 9:30 - 10:30 a.m. 9<br><b>Dietista Registrada</b><br>10 a.m. - 1 p.m.<br><b>Diabetes</b> 11 a.m. - 12:15 p.m.<br><b>Control de la EPOC</b><br>1 - 2 p.m. Esp<br><b>¿Qué es la Enfermedad de Parkinson?</b> 3 - 4 p.m. Esp.<br><b>Baile de Ejercicio Cardiovascular</b> 3 - 4 p.m.<br><b>Baile de Salsa Aeróbicos</b><br>4 - 5 p.m.<br><b>Entrenamiento y Ejercicio de Escultura Corporal</b><br>5 - 6 p.m    | <b>Baile de Ejercicio Cardiovascular</b> 10<br>10 - 11 a.m.<br><b>Clase de Lectura (Edades 0-5)</b> 10 - 11 a.m<br><b>Yoga</b> 11 - 12 p.m.<br><b>¿Qué es la Diabetes Tipo 2?</b><br>2 - 3 p.m. Esp.<br><b>Cocina Saludable</b><br>2:45 - 4:45 p.m. Esp..<br><b>Artes y Manualidades Para Niños (Edades 6 - 12)</b><br>3:30 - 4 p.m.<br><b>Zumba</b> 5 - 6 p.m.                       | <b>Nutrición y Ejercicio</b> 11<br>10 - 11:30 a.m.<br><b>Familia Cantando (Edades 0-5)</b><br>10-10:45 a.m.<br><b>Consejos Para Niños con Colesterol Alto</b><br>3 - 4 p.m. Esp.<br><b>Pilates</b><br>3- 4 p.m.<br><b>Baile de Salsa Aeróbicos</b><br>4 - 5 p.m.<br><b>Superación y Relajación Personal a través del Arte</b><br>5 - 6 p.m. Esp.              | <b>Despensa de Alimentos</b> 12<br><b>Patrocinado por SoCal Food Bank</b><br><b>9:30-11:30 a.m.</b><br><b>RCP/Primeros Auxilios</b><br>10 a.m. - 1 p.m. Esp.<br><b>Artes y Manualidades Para Niños</b> 3:30 - 4 p.m.<br><b>Consejos Útiles Para Padres</b> 3:30 - 5 p.m. Esp.<br><b>Cocina Saludable Para Niños</b><br>4 - 5 p.m. | <div style="border: 2px solid orange; padding: 10px; text-align: center;"> <br/> <b>CENTRO CERRADO</b> </div>   |
| <b>Nutrición y Ejercicio</b> 15<br>10 - 11:30 a.m.<br><b>Clase de Lectura (Edades 0-5)</b><br>11:15 a.m. - 12:15 p.m.<br><b>El Arte de las Frutas y Vegetales</b><br>1- 2 p.m. Esp.<br><b>El Mundo de los Jugos y Ensaladas</b><br>2 - 3:30 p.m. Esp.<br><b>Relájese Utilizando el Arte</b><br>4 - 5 p.m. Esp.           | <b>Zumba</b> 9:30 - 10:30 a.m. 16<br><b>Dietista Registrada</b><br>10 a.m. - 1 p.m.<br><b>Diabetes</b><br>11 a.m. -12:15 p.m.<br><b>Colesterol Alto; Cómo Evaluar los Riesgos</b><br>3 - 4 p.m. Esp.<br><b>Baile de Ejercicio Cardiovascular</b> 3 - 4 p.m.<br><b>Baile de Salsa Aeróbicos</b><br>4 - 5 p.m.<br><b>Entrenamiento y Ejercicio de Escultura Corporal</b><br>5 - 6 p.m                                       | <b>Baile de Ejercicio Cardiovascular</b> 17<br>10 - 11 a.m.<br><b>Clase de Lectura (Edades 0-5)</b> 10 - 11 a.m<br><b>Yoga</b> 11 - 12 p.m.<br><b>Escoja Productos Integrales</b><br>2 - 3 p.m. Esp.<br><b>Cocina Saludable</b><br>2:45 - 4:45 p.m. Esp..<br><b>Artes y Manualidades Para Niños (Edades 6 - 12)</b><br>3:30 - 4 p.m.<br><b>Zumba</b> 5 - 6 p.m.                       | <b>Nutrición y Ejercicio</b> 18<br>10 - 11:30 a.m.<br><b>Familia Cantando (Edades 0-5)</b><br>10-10:45 a.m.<br><b>La Medicina Complementaria y Alternativa</b><br>3 - 4 p.m. Esp.<br><b>Pilates</b> 3- 4 p.m.<br><b>Baile de Salsa Aeróbicos</b><br>4 - 5 p.m.<br><b>Superación y Relajación Personal a través del Arte</b><br>5 - 6 p.m. Esp.                | <div style="border: 2px solid orange; padding: 10px; text-align: center;"> <b>EVENTO DE REGRESO A LA ESCUELA</b><br/> <br/> <b>10AM - 2PM</b> </div>  | <div style="border: 2px solid orange; padding: 10px; text-align: center;"> <br/> <b>CENTRO CERRADO</b> </div>   |
| <b>Nutrición y Ejercicio</b> 22<br>10 - 11:30 a.m.<br><b>Clase de Lectura (Edades 0-5)</b><br>11:15 a.m. - 12:15 p.m.<br><b>El Arte de las Frutas y Vegetales</b> 1- 2 p.m. Esp.<br><b>El Mundo de los Jugos y Ensaladas</b><br>2 - 3:30 p.m. Esp.<br><b>Combatiendo el Estrés por Medio del Arte</b><br>4 - 5 p.m. Esp. | <b>Zumba</b> 9:30 - 10:30 a.m. 23<br><b>Dietista Registrada</b><br>10 a.m. - 1 p.m.<br><b>Diabetes</b><br>11 a.m. - 12:15 pm<br><b>Entender el Trastorno Bipolar</b><br>3 - 4 p.m. Esp.<br><b>Baile de Ejercicio Cardiovascular</b> 3 - 4 p.m.<br><b>Baile de Salsa Aeróbicos</b><br>4 - 5 p.m.<br><b>Entrenamiento y Ejercicio de Escultura Corporal</b><br>5 - 6 p.m  | <div style="border: 2px solid orange; padding: 10px; text-align: center;"> <br/> <b>CENTRO CERRADO</b> </div>   | <b>Nutrición y Ejercicio</b> 25<br>10 - 11:30 a.m.<br><b>Familia Cantando (Edades 0-5)</b><br>10-10:45 a.m.<br><b>Prevención de Drogas y Alcohol</b><br>3 - 4 p.m. Esp.<br><b>Pilates</b><br>3- 4 p.m.<br><b>Baile de Salsa Aeróbicos</b><br>4 - 5 p.m.<br><b>Superación y Relajación Personal a través del Arte</b><br>5 - 6 p.m. Esp.                       | <b>RCP/Primeros Auxilios Virtual</b> 26<br>10 - 1 p.m. Ing.<br><b>Artes y Manualidades Para Niños (Edades 6 - 12)</b><br>3:30 - 4 p.m.<br><b>Consejos Útiles Para Padres</b><br>3:30 - 5 p.m. Esp.<br><b>Cocina Saludable Para Niños (Edades 6 - 12)</b><br>4 - 5 p.m.  | <div style="border: 2px solid orange; padding: 10px; text-align: center;"> <br/> <b>CENTRO CERRADO</b> </div>   |
| <b>Nutrición y Ejercicio</b> 29<br>10 - 11:30 a.m.<br><b>Clase de Lectura (Edades 0-5)</b><br>11:15 a.m. - 12:15 p.m.<br><b>El Arte de las Frutas y Vegetales</b><br>1- 2 p.m. Esp.<br><b>El Mundo de los Jugos y Ensaladas</b><br>2 - 3:30 p.m. Esp.  | <b>Zumba</b> 9:30 - 10:30 a.m. 30<br><b>Dietista Registrada</b><br>10 a.m. - 1 p.m.<br><b>Diabetes</b> 11 a.m.-12:15p.m.<br><b>Salud Cardíaca</b> 3 - 4 p.m.<br><b>Baile de Ejercicio Cardiovascular</b> 3 - 4 p.m.<br><b>Presión Arterial - Colesterol</b><br>4 - 5 p.m. Esp.<br><b>Baile de Salsa Aeróbicos</b><br>4 - 5 p.m.<br><b>Entrenamiento y Ejercicio de Escultura Corporal</b><br>5 - 6 p.m                    | <b>Baile de Ejercicio Cardiovascular</b> 31<br>10 - 11 a.m.<br><b>Clase de Lectura (Edades 0-5)</b> 10 - 11 a.m<br><b>Yoga</b> 11 - 12 p.m.<br><b>Control de Peso</b><br>2 - 3 p.m. Esp.<br><b>Cocina Saludable</b><br>2:45 - 4:45 p.m. Esp..<br><b>Artes Para Niños (Edades 6 - 12)</b> 3:30 - 4 p.m.<br><b>Reconsiderar su Bebida</b><br>4 - 5 p.m. Esp.<br><b>Zumba</b> 5 - 6 p.m. | <b>Orientación y Servicio al Miembro de L.A. Care (Lunes - Viernes)</b><br>9 a.m. - 4 p.m.<br><b>Servicios de Inscripción Para Medi-Cal (Lunes - Viernes)</b><br>9 a.m. - 5 p.m.<br><b>Servicios de Inscripción Para Covered California (Lunes, Miércoles)</b><br>9 a.m. - 5 p.m<br><b>Servicios de Inscripción Para CalFresh (Martes)</b><br>9 a.m. - 4 p.m. | <div style="border: 2px solid orange; padding: 10px;"> <b>AZUL</b><br/>           Califican para el programa mis recompensas para una vida sana.<br/> <b>VERDE</b><br/>           Por cita y registro solamanete.<br/> <b>GRIS</b><br/>           Virtual. Porfavor llame al centro para registrarse.         </div>              | <div style="border: 2px solid orange; padding: 10px; text-align: center;"> <br/> <b>CRC Sitio de Web</b> </div> |

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



#### CENTER HOURS:

Monday - Friday: 9 a.m. - 6 p.m.  
Saturday: CLOSED



310.661.3000

CommunityResourceCenterLA.org