



# Community Resource Center



# PANORAMA CITY SEPTEMBER 2025

| MONDAY                                                                                                                                                                                                                                                                                                        | TUESDAY                                                                                                                                                                                                                                                                                                                                                                 | WEDNESDAY                                                                                                                                                                                                                                                                                                                                                                         | THURSDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | FRIDAY                                                                                                                                                                                                                                                                                                                                                                         | SATURDAY                                                                                                                                                                                                          |
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| <div>Virtual Boot Camp 9 — 10 a.m.</div> <div>Virtual Breakthrough Parenting 2 — 4 p.m. Eng.</div> <div>LABOR DAY<br/>CENTER CLOSED</div> <div>1</div>                                                                                                                                                        | <div>Boot Camp 9 — 10 a.m.</div> <div>Low Impact Zumba 10:30 — 11:30 a.m.</div> <div>The World of Juicing and Salads 12 — 1 p.m. Eng./Spa.</div> <div>Healthy Cooking 1:15 — 3:15 p.m. Eng./Spa.</div> <div>Kids Healthy Cooking 4 — 5 p.m. (Ages 5—14)</div> <div>2</div>                                                                                              | <div>Boot Camp 10 — 11 a.m.</div> <div>Little One &amp; Me 11:30 a.m. — 12:30 p.m. (Ages 0—5)</div> <div>Oral Health &amp; Diabetes 11:30 a.m. — 12:30 p.m. Eng./Spa.</div> <div>Dance Aerobics 1 — 2 p.m.</div> <div>Tai Chi 4 — 5 p.m. (Adults &amp; Kids 7+)</div> <div>Family Yoga 5 — 6 p.m. (Adults &amp; Kids 5+)</div> <div>3</div>                                       | <div>Boot Camp 9 — 10 a.m.</div> <div>Pilates 10:15 — 11:15 a.m.</div> <div>What is High Blood Pressure? -NEVHC 10:30 — 11:30 a.m. Eng./Spa.</div> <div>Stretching &amp; Strengthening for Seniors 11:45 a.m. — 12:45 p.m.</div> <div>Low Impact Zumba 1:15 — 2:15 p.m.</div> <div>Virtual Breakthrough Parenting 2 — 4 p.m. Eng.</div> <div>Mental Health: Understanding Learning Disabilities 2:45 — 3:45 p.m. Spa.</div> <div>Zumba 4 — 5 p.m.</div> <div>4</div>                                                        | <div>Diaper Distribution: Sizes 0-6 9 a.m. — 2 p.m. *While Supplies Last* Call ahead to confirm size availability.</div> <div>CPR First Aid &amp; AED (14+ w/Adult) 8 — 11 a.m. Eng. *Space is Limited to 30 First come, first served. For more dates visit freecprla.com.</div> <div>5</div>                                                                                  | <div>6</div>                                                                                                                                                                                                      |
| <div>Boot Camp 10 — 11 a.m.</div> <div>Yoga 11:15 a.m. — 12:15 p.m.</div> <div>Pilates 12:30 — 1:30 p.m.</div> <div>Virtual Breakthrough Parenting 2 — 4 p.m. Eng.</div> <div>Zumba Steps 5 — 6 p.m.</div> <div>8</div>                                                                                       | <div>Boot Camp 9 — 10 a.m.</div> <div>Low Impact Zumba 10:30 — 11:30 a.m.</div> <div>The World of Juicing and Salads 12 — 1 p.m. Eng./Spa.</div> <div>Healthy Cooking 1:15 — 3:15 p.m. Eng./Spa.</div> <div>Kids Healthy Cooking 4 — 5 p.m. (Ages 5—14)</div> <div>9</div>                                                                                              | <div>Boot Camp 10 — 11 a.m.</div> <div>Little One &amp; Me 11:30 a.m. — 12:30 p.m. (Ages 0—5)</div> <div>Dance Aerobics 1 — 2 p.m.</div> <div>Ask the Registered Dietician 2:15 — 3:15 p.m. Eng./Spa.</div> <div>Tai Chi 4 — 5 p.m. (Adults &amp; Kids 7+)</div> <div>Family Yoga 5 — 6 p.m. (Adults &amp; Kids 5+)</div> <div>10</div>                                           | <div>Boot Camp 9 — 10 a.m.</div> <div>Pilates 10:15 — 11:15 a.m.</div> <div>Blood Pressure: Nutrition -NEVHC 10:30 — 11:30 a.m. Eng./Spa.</div> <div>Stretching &amp; Strengthening for Seniors 11:45 a.m. — 12:45 p.m.</div> <div>Low Impact Zumba 1:15 — 2:15 p.m.</div> <div>Virtual Breakthrough Parenting 2 — 4 p.m. Eng.</div> <div>Health Screenings —EPDB 3 — 5 p.m.</div> <div>Mental Health: Understanding Behavioral Struggles in Children 2:45 — 3:45 p.m. Spa.</div> <div>Zumba 4 — 5 p.m.</div> <div>11</div> | <div>Diaper Distribution: Sizes 0-6 9 a.m. — 2 p.m. *While Supplies Last* Call ahead to confirm size availability.</div> <div>Support Group for Parents of Children with Special Needs 9:30 — 11:00 a.m. Spa.</div> <div>12</div>                                                                                                                                              | <div>CPR First Aid &amp; AED (14+ w/Adult) 8 — 11 a.m. Eng. *Space is Limited to 30 First come, first served. For more dates visit freecprla.com.</div> <div>CENTER OPEN FROM 8:00 — 11:30 AM</div> <div>13</div> |
| <div>Virtual Boot Camp 9 — 10 a.m.</div> <div>L.A. Care Consumer Advisory Committee 11:00 a.m. — 1:30 p.m. Eng./Spa./Khm</div> <div>Care for Hypertensive Patients -EPDB 2 — 3 p.m. Eng./Spa.</div> <div>Virtual Breakthrough Parenting 2 — 4 p.m. Eng.</div> <div>Zumba Steps 5 — 6 p.m.</div> <div>15</div> | <div>Boot Camp 9 — 10 a.m.</div> <div>Low Impact Zumba 10:30 — 11:30 a.m.</div> <div>The World of Juicing and Salads 12 — 1 p.m. Eng./Spa.</div> <div>Healthy Cooking 1:15 — 3:15 p.m. Eng./Spa.</div> <div>Keep Your Medi-Cal 3:30 — 4:30 p.m. Spa.</div> <div>Kids Healthy Cooking 4 — 5 p.m. (Ages 5—14)</div> <div>16</div>                                         | <div>Boot Camp 10 — 11 a.m.</div> <div>Little One &amp; Me 11:30 a.m. — 12:30 p.m. (Ages 0—5)</div> <div>Dance Aerobics 1 — 2 p.m.</div> <div>Ask the Registered Dietician 2:15 — 3:15 p.m. Eng./Spa.</div> <div>Tai Chi 4 — 5 p.m. (Adults &amp; Kids 7+)</div> <div>Family Yoga 5 — 6 p.m. (Adults &amp; Kids 5+)</div> <div>17</div>                                           | <div>Boot Camp 9 — 10 a.m.</div> <div>Pilates 10:15 — 11:15 a.m.</div> <div>Blood Pressure: Physical Activity -NEVHC 10:30 — 11:30 a.m. Eng./Spa.</div> <div>Stretching &amp; Strengthening for Seniors 11:45 a.m. — 12:45 p.m.</div> <div>Low Impact Zumba 1:15 — 2:15 p.m.</div> <div>Virtual Breakthrough Parenting 2 — 4 p.m. Eng.</div> <div>Mental Health: Immigration, Adaptation, and Resilience 2:45 — 3:45 p.m. Spa.</div> <div>Zumba 4 — 5 p.m.</div> <div>18</div>                                              | <div>Diaper Distribution: Sizes 0-6 9 a.m. — 2 p.m. *While Supplies Last* Call ahead to confirm size availability.</div> <div>CPR First Aid &amp; AED (14+ w/ Adult) 8 — 11 a.m. Spa. *Space is Limited to 30 First come, first served. For more dates visit freecprla.com.</div> <div>Community Readiness Champions: Gold Medal Training 12 — 2 p.m. Spa.</div> <div>19</div> | <div>20</div>                                                                                                                                                                                                     |
| <div>Boot Camp 10 — 11 a.m.</div> <div>Yoga 11:15 a.m. — 12:15 p.m.</div> <div>Pilates 12:30 — 1:30 p.m.</div> <div>Be Red Cross Ready - Older Adults 2 — 3 p.m. Spa.</div> <div>Virtual Breakthrough Parenting 2 — 4 p.m. Eng.</div> <div>Zumba Steps 5 — 6 p.m.</div> <div>22</div>                         | <div>Boot Camp 9 — 10 a.m.</div> <div>Health Screenings —EPDB 10 a.m. — 1 p.m.</div> <div>Low Impact Zumba 10:30 — 11:30 a.m.</div> <div>The World of Juicing and Salads 12 — 1 p.m. Eng./Spa.</div> <div>Healthy Cooking 1:15 — 3:15 p.m. Eng./Spa.</div> <div>Savings 4 — 5 p.m. Eng./Spa.</div> <div>Kids Healthy Cooking 4 — 5 p.m. (Ages 5—14)</div> <div>23</div> | <div>Boot Camp 10 — 11 a.m.</div> <div>Little One &amp; Me 11:30 a.m. — 12:30 p.m. (Ages 0—5)</div> <div>Dance Aerobics 1 — 2 p.m.</div> <div>Ask the Registered Dietician 2:15 — 3:15 p.m. Eng./Spa.</div> <div>Tai Chi 4 — 5 p.m. (Adults &amp; Kids 7+)</div> <div>Family Yoga 5 — 6 p.m. (Adults &amp; Kids 5+)</div> <div>24</div>                                           | <div>Boot Camp 9 — 10 a.m.</div> <div>Pilates 10:15 — 11:15 a.m.</div> <div>Blood Pressure: Medication -NEVHC 10:30 — 11:30 a.m. Eng./Spa.</div> <div>Stretching &amp; Strengthening for Seniors 11:45 a.m. — 12:45 p.m.</div> <div>Low Impact Zumba 1:15 — 2:15 p.m.</div> <div>Virtual Breakthrough Parenting 2 — 4 p.m. Eng.</div> <div>Mental Health: Emotional Well-being and Stress 2:45 — 3:45 p.m. Spa.</div> <div>Zumba 4 — 5 p.m.</div> <div>25</div>                                                             | <div>Diaper Distribution: Sizes 0-6 9 a.m. — 2 p.m. *While Supplies Last* Call ahead to confirm size availability.</div> <div>26</div>                                                                                                                                                                                                                                         | <div>27</div>                                                                                                                                                                                                     |
| <div>Boot Camp 10 — 11 a.m.</div> <div>Yoga 11:15 a.m. — 12:15 p.m.</div> <div>Pilates 12:30 — 1:30 p.m.</div> <div>Virtual Breakthrough Parenting 2 — 4 p.m. Eng.</div> <div>Community Readiness Champions: Gold Medal Training 2 — 4 p.m. Eng.</div> <div>Zumba Steps 5 — 6 p.m.</div> <div>29</div>        | <div>Boot Camp 9 — 10 a.m.</div> <div>Low Impact Zumba 10:30 — 11:30 a.m.</div> <div>The World of Juicing and Salads 12 — 1 p.m. Eng./Spa.</div> <div>Healthy Cooking 1:15 — 3:15 p.m. Eng./Spa.</div> <div>Debt Management 4 — 5 p.m. Eng./Spa.</div> <div>Kids Healthy Cooking 4 — 5 p.m. (Ages 5—14)</div> <div>30</div>                                             | <div>CENTER SERVICES<ul style="list-style-type: none"><li>Member Services</li><li>Enrollment Services*<ul style="list-style-type: none"><li>Medi-cal, MediCare, Covered California, &amp; CalFresh</li></ul></li><li>New Member Orientation</li></ul><small>*Contact Center for Availability of Services</small></div> <div>ALL SERVICES AND CLASSES ARE FREE FOR EVERYONE!</div> | <div>BLUE</div> <div>Qualify for the My Rewards for a Healthy Life Program.</div> <div>GREEN</div> <div>Appointment &amp; Registration required.</div>                                                                                                                                                                                                                                                                                                                                                                      | <div></div> <div>CRC Website</div>                                                                                                                                                                                                                                                                                                                                             | <div>Double stamps if you attend an Emergency Preparedness Class!</div> <div>(Classes in RED)</div>                                                                                                               |

Class space is limited (first come, first served). Classes are subject to change, rescheduling or cancellation without notice. Child supervision is provided while you attend a class. (Ages 4+). Must wear appropriate shoes for fitness classes.

BE ACTIVE,  
HEALTHY & INFORMED



7868 Van Nuys Blvd.  
Panorama City, CA. 91402



### CENTER HOURS:

Monday & Wednesday: 10 a.m. - 6 p.m.  
Tuesday & Thursday: 9 a.m. - 5 p.m.  
Friday: 8 a.m. - 4 p.m.  
Saturday: CLOSED



213.438.5497  
CommunityResourceCenterLA.org



# Community Resource Center



# PANORAMA CITY SEPTIEMBRE 2025

| LUNES                                                                                                                                                                                                                                                                                                                       | MARTES                                                                                                                                                                                                                                                                                                                           | MIÉRCOLES                                                                                                                                                                                                                                                                                                                                                                                                                      | JUEVES                                                                                                                                                                                                                                                                                                                                                                                                                                          | VIERNES                                                                                                                                                                                                                                                                                                                                                                                                                   | SÁBADO                                                                                                                                                                                                                             |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <div>Boot Camp Virtual 9 — 10 a.m.</div> <div>Serie Cultivando Familias Virtual 2 — 4 p.m. Ing.</div> <div></div>                                                                                                                          | <div>Boot Camp 9 — 10 a.m.</div> <div>Zumba Bajo Impacto 10:30 — 11:30 a.m.</div> <div>El Mundo de Jugos y Ensaladas 12 — 1 p.m. Esp./Ing.</div> <div>Cocinando Saludable 1:15 — 3:15 p.m. Esp./Ing.</div> <div>Cocinando Saludable - Niños 4 — 5 p.m. (Edades 5—14)</div>                                                       | <div>Boot Camp 10 — 11 a.m.</div> <div>Mi Pequeño y Yo 11:30 a.m. — 12:30 p.m. (Edades 0—5)</div> <div>Salud Oral y Diabetes 11:30 a.m. — 12:30 p.m. Esp./Ing.</div> <div>Baile Aeróbico 1 — 2 p.m.</div> <div>Tai Chi 4 — 5 p.m. (Adultos y Niños 7+)</div> <div>Yoga en Familia 5 — 6 p.m. (Adultos y Niños 5+)</div>                                                                                                        | <div>Boot Camp 9 — 10 a.m.</div> <div>Pilates 10:15 — 11:15 a.m. ¿Qué es la Presión Arterial Alta? -NEVHC 10:30 — 11:30 a.m. Eng./Spa. Estiramiento y Fortalecer para Gente Mayor 11:45 a.m. — 12:45 p.m. Zumba Bajo Impacto 1:15 — 2:15 p.m. Serie Cultivando Familias Virtual 2 — 4 p.m. Ing.</div> <div>Salud Mental: Trastornos del Neuro-Desarrollo 2:45 — 3:45 p.m. Esp. Zumba 4 — 5 p.m.</div>                                           | <div>Distribución de Pañales: Tallas 0-6 9 a.m. — 2 p.m. *Hasta agotar existencias* Llame para confirmar tallas disponible.</div> <div>RCP Primeros Auxilios y AED (14+ con Adulto) 8 — 11 a.m. Ing. *Espacio limitado a 30 personas Se atenderá por orden de llegada. Para ver más fechas, visite freecprla.com.</div>                                                                                                   | <div></div>                                                                                                                                     |
| <div>Boot Camp 10 — 11 a.m.</div> <div>Yoga 11:15 a.m. — 12:15 p.m.</div> <div>Pilates 12:30 — 1:30 p.m.</div> <div>Serie Cultivando Familias Virtual 2 — 4 p.m. Ing.</div> <div>Pasos de Zumba 5 — 6 p.m.</div>                                                                                                            | <div>Boot Camp 9 — 10 a.m.</div> <div>Zumba Bajo Impacto 10:30 — 11:30 a.m.</div> <div>El Mundo de Jugos y Ensaladas 12 — 1 p.m. Esp./Ing.</div> <div>Cocinando Saludable 1:15 — 3:15 p.m. Esp./Ing.</div> <div>Cocinando Saludable - Niños 4 — 5 p.m. (Edades 5—14)</div>                                                       | <div>Boot Camp 10 — 11 a.m.</div> <div>Mi Pequeño y Yo 11:30 a.m. — 12:30 p.m. (Edades 0—5)</div> <div>Baile Aeróbico 1 — 2 p.m.</div> <div>Pregúntale a la Dietista Registrada 2:15 — 3:15 p.m. Esp./Ing.</div> <div>Tai Chi 4 — 5 p.m. (Adultos y Niños 7+)</div> <div>Yoga en Familia 5 — 6 p.m. (Adultos y Niños 5+)</div>                                                                                                 | <div>Boot Camp 9 — 10 a.m.</div> <div>Pilates 10:15 — 11:15 a.m. Presión Arterial: Nutrición -NEVHC 10:30 — 11:30 a.m. Esp./Ing.</div> <div>Estiramiento y Fortalecer para Gente Mayor 11:45 a.m. — 12:45 p.m. Zumba Bajo Impacto 1:15 — 2:15 p.m. Serie Cultivando Familias Virtual 2 — 4 p.m. Ing.</div> <div>Exámenes de Salud—EPDB 3 — 5 p.m. Salud Mental: Trastornos de la Conducta en niños 2:45 — 3:45 p.m. Esp. Zumba 4 — 5 p.m.</div> | <div>Distribución de Pañales: Tallas 0-6 9 a.m. — 2 p.m. *Hasta agotar existencias* Llame para confirmar tallas disponible.</div> <div>Grupo de Apollo para Padres De Niños con Necesidades Especiales 9:30 — 11:00 a.m. Esp.</div>                                                                                                                                                                                       | <div>RCP Primeros Auxilios y AED (14+ con Adulto) 8 — 11 a.m. Ing. *Espacio limitado a 30 personas Se atenderá por orden de llegada. Para ver más fechas, visite freecprla.com.</div> <div>CENTRO ABIERTO DE 8:00 — 11:30 AM</div> |
| <div>Boot Camp Virtual 9 — 10 a.m.</div> <div>Comité Asesor de Consumidores de L.A. Care 11:00 a.m. — 1:30 p.m. Esp./Ing./ Khm.</div> <div>Cuidado de Personas con Alta Presión Arterial -EPDB 2 — 3 p.m. Esp./Ing.</div> <div>Serie Cultivando Familias Virtual 2 — 4 p.m. Ing.</div> <div>Pasos de Zumba 5 — 6 p.m.</div> | <div>Boot Camp 9 — 10 a.m.</div> <div>Zumba Bajo Impacto 10:30 — 11:30 a.m.</div> <div>El Mundo de Jugos y Ensaladas 12 — 1 p.m. Esp./Ing.</div> <div>Cocinando Saludable 1:15 — 3:15 p.m. Esp./Ing.</div> <div>Mantega Su Medi-Cal 3:30 — 4:30 p.m. Esp.</div> <div>Cocinando Saludable - Niños 4 — 5 p.m. (Edades 5—14)</div>  | <div>Boot Camp 10 — 11 a.m.</div> <div>Mi Pequeño y Yo 11:30 a.m. — 12:30 p.m. (Edades 0—5)</div> <div>Baile Aeróbico 1 — 2 p.m.</div> <div>Pregúntale a la Dietista Registrada 2:15 — 3:15 p.m. Esp./Ing.</div> <div>Tai Chi 4 — 5 p.m. (Adultos y Niños 7+)</div> <div>Yoga en Familia 5 — 6 p.m. (Adultos y Niños 5+)</div>                                                                                                 | <div>Boot Camp 9 — 10 a.m.</div> <div>Pilates 10:15 — 11:15 a.m. Presión Arterial: Actividad Física -NEVHC 10:30 — 11:30 a.m. Esp./Ing. Estiramiento y Fortalecer para Gente Mayor 11:45 a.m. — 12:45 p.m. Zumba Bajo Impacto 1:15 — 2:15 p.m. Serie Cultivando Familias Virtual 2 — 4 p.m. Ing.</div> <div>Salud Mental: Inmigración Adaptación y Resiliencia 2:45 — 3:45 p.m. Esp. Zumba 4 — 5 p.m.</div>                                     | <div>Distribución de Pañales: Tallas 0-6 9 a.m. — 2 p.m. *Hasta agotar existencias* Llame para confirmar tallas disponible.</div> <div>RCP Primeros Auxilios y AED (14+ con Adulto) 8 — 11 a.m. Esp. *Espacio limitado a 30 personas Se atenderá por orden de llegada. Para ver más fechas, visite freecprla.com.</div> <div>Campeones de Preparación Comunitaria: Entrenamiento de Medalla de Oro 12 — 2 p.m. Esp.</div> | <div></div>                                                                                                                                   |
| <div>Boot Camp 10 — 11 a.m.</div> <div>Yoga 11:15 a.m. — 12:15 p.m.</div> <div>Pilates 12:30 — 1:30 p.m.</div> <div>Prepárense con la Cruz Roja - Adultos Mayores 2 — 3 p.m. Esp.</div> <div>Serie Cultivando Familias Virtual 2 — 4 p.m. Ing.</div> <div>Pasos de Zumba 5 — 6 p.m.</div>                                   | <div>Boot Camp 9 — 10 a.m.</div> <div>Exámenes de Salud—EPDB 10 a.m. — 1 p.m. Zumba Bajo Impacto 10:30 — 11:30 a.m. El Mundo de Jugos y Ensaladas 12 — 1 p.m. Esp./Ing. Cocinando Saludable 1:15 — 3:15 p.m. Esp./Ing. Ahorros 4 — 5 p.m. Esp./Ing. Cocinando Saludable - Niños 4 — 5 p.m. (Edades 5 — 14)</div>                 | <div>Boot Camp 10 — 11 a.m.</div> <div>Mi Pequeño y Yo 11:30 a.m. — 12:30 p.m. (Edades 0—5)</div> <div>Baile Aeróbico 1 — 2 p.m.</div> <div>Pregúntale a la Dietista Registrada 2:15 — 3:15 p.m. Esp./Ing.</div> <div>Tai Chi 4 — 5 p.m. (Adultos y Niños 7+)</div> <div>Yoga en Familia 5 — 6 p.m. (Adultos y Niños 5+)</div>                                                                                                 | <div>Boot Camp 9 — 10 a.m.</div> <div>Pilates 10:15 — 11:15 a.m. Presión Arterial: Medicamento -NEVHC 10:30 — 11:30 a.m. Esp./Ing. Estiramiento y Fortalecer para Gente Mayor 11:45 a.m. — 12:45 p.m. Zumba Bajo Impacto 1:15 — 2:15 p.m. Serie Cultivando Familias Virtual 2 — 4 p.m. Ing.</div> <div>Salud Mental: Estrés y Bienestar Emocional 2:45 — 3:45 p.m. Esp. Zumba 4 — 5 p.m.</div>                                                  | <div>Distribución de Pañales: Tallas 0-6 9 a.m. — 2 p.m. *Hasta agotar existencias* Llame para confirmar tallas disponible.</div>                                                                                                                                                                                                                                                                                         | <div></div>                                                                                                                                   |
| <div>Boot Camp 10 — 11 a.m.</div> <div>Yoga 11:15 a.m. — 12:15 p.m.</div> <div>Pilates 12:30 — 1:30 p.m.</div> <div>Serie Cultivando Familias Virtual 2 — 4 p.m. Ing.</div> <div>Campeones de Preparación Comunitaria: Entrenamiento de Medalla de Oro 2 — 4 p.m. Ing.</div> <div>Pasos de Zumba 5 — 6 p.m.</div>           | <div>Boot Camp 9 — 10 a.m.</div> <div>Zumba Bajo Impacto 10:30 — 11:30 a.m.</div> <div>El Mundo de Jugos y Ensaladas 12 — 1 p.m. Esp./Ing.</div> <div>Cocinando Saludable 1:15 — 3:15 p.m. Esp./Ing.</div> <div>Manejo Sobre su Deuda 4 — 5 p.m. Esp./Ing.</div> <div>Cocinando Saludable - Niños 4 — 5 p.m. (Edades 5—14)</div> | <div><div>SERVICIOS DEL CENTRO<ul style="list-style-type: none"><li>Servicios a los miembros</li><li>Servicios de Inscripción<ul style="list-style-type: none"><li>Medi-cal, MediCare, Covered California, y Calfresh</li></ul></li></ul>Orientación para nuevos miembros</div><div>*Comuníquese con el Centro para disponibilidad de Servicios</div><div>TODOS LOS SERVICIOS Y LAS CLASES SON GRATIS ¡PARA TODOS!</div></div> | <div><div>AZUL</div><div>Califican para el programa mis recompensas para una vida sana.</div><div>VERDE</div><div>Por cita y registro solamanete.</div></div>                                                                                                                                                                                                                                                                                   | <div></div> <div>CRC Sitio de Web</div>                                                                                                                                                                                                                                                                                              | <div>Doble Sello si atiende una classe sobre Preparación para Emergencias! (Classes en ROJO)</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. Supervisión de niños está disponible durante las clases. (Edades 4+). Debe usar zapatos apropiados para las clases de ejercicios.

SEA ACTIVO,  
SALUDABLE E INFORMADO



7868 Van Nuys Blvd.  
Panorama City, CA. 91402



### HORARIO DEL CENTRO:

Lunes y Miércoles: 10 a.m. - 6 p.m.  
Martes y Jueves: 9 a.m. - 5 p.m.  
Viernes: 8 a.m. - 4 p.m.  
Sábado: Cerrado



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CommunityResourceCenterLA.org