



Inland Empire Health Plan

# Community Resource Center – San Bernardino

Everyone is Welcome! Join us and you will:

- ♥ Learn how to use your IEHP benefits
- ♥ Take health and fitness classes

- ♥ Find out how to get affordable coverage
- ♥ Connect with community programs

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

Center Hours: Monday - Friday: 9am - 6pm • Saturday: 10am - 2pm • Closed Sunday



## December 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Zumba 9am-10am Line Dance 10:30am-11:30am Zumba Kids (Ages 5-11 and Parents) 12pm-12:45pm Gardening for Kids– Pinecone Christmas Tree (Ages 5-11 and Parents) 1pm-1:45pm
3 Yoga 9am-10am Medicare 101 10:30am-11:15am (Spanish) 11:15am-12pm Strength & Conditioning 12pm-1pm Line Dance 1:30pm-2:30pm Yoga for Seniors & People w/ Disabilities 4:30pm-5:45pm Zumba 5:30pm-6:30pm	4 Medi-Cal Eligibility Worker Zumba Gold 9am-10am Caregiver's Toolbox–Cognitive Stimulation Activities 10am-12pm Aerobic Boxing 10:30am-11:30am Breathing and Relaxation 12:15pm-1:15pm CPR 1pm-5pm Tai Chi 3pm-4pm Strength & Conditioning 4:30pm-5:30pm	5 Zumba for IEHP Members 9am-10am Aerobic Latin Dance 9:30am-10:30am Meditation 11:15am-12:15pm IEHP Member Orientation 1pm-2pm Healthy Snacking for the Holidays– Food Demo 3:30pm-4:30pm IEHP Member Eat Healthy, Be Active #4 5pm-7pm Yoga 5:30pm-6:30pm	6 Medi-Cal Eligibility Worker Yoga 9am-10am Circle Time 9:30am-10:30am (ages 0-2) 10:30am-11:30am (ages 3-5) Aerobic Boxing 10:30am-11:30am IEHP Member Orientation (Spanish) 2pm-3pm Tai Chi 3pm-4pm Zumba 5:30pm-6:30pm	7 Zumba 9am-10am Aerobic Latin Dance 9:30am-10:30am Meditation 11:15am-12:15pm Dealing with the Holiday Blues 12:30pm-2pm (Spanish) 2pm-3:30pm Yoga for Seniors & People w/ Disabilities 2pm-3:15pm Zumba Gold 4:30pm-5:30pm	8 Zumba 9am-10am Family Asthma Class (Spanish) 10:30am-1pm Line Dance 10:30am-11:30am Zumba Kids (Ages 5-11 and Parents) 12pm-1pm
10 Yoga 9am-10am Stress Reduction 10:30am-11:30am (Spanish) 11:30am-12:30pm Strength & Conditioning 12pm-1pm Line Dance 1:30pm-2:30pm Yoga for Seniors & People w/ Disabilities 4:30pm-5:45pm Zumba 5:30pm-6:30pm	11 Medi-Cal Eligibility Worker Zumba Gold 9am-10am Prenatal Workshop 9:30am-12:30pm Aerobic Boxing 10:30am-11:30am IEHP Member Orientation (Spanish) 1pm-2pm Tai Chi 3pm-4pm Strength & Conditioning 4:30pm-5:30pm	12 Zumba for IEHP Members 9am-10am Aerobic Latin Dance 9:30am-10:30am Meditation 11:15am-12:15pm Gardening–Christmas in the Garden 11am-12pm 12pm-1pm (Spanish) Healthy Snacking for the Holidays–Food Demo (Spanish) 3:30pm-4:30pm IEHP Member Eat Healthy, Be Active #5 5pm-7pm Yoga 5:30pm-6:30pm	13 Medi-Cal Eligibility Worker Yoga 9am-10am Circle Time 9:30am-10:30am (ages 0-2) 10:30am-11:30am (ages 3-5) Aerobic Boxing 10:30am-11:30am Diabetes – Happy Healthy Holidays 12pm-1pm IEHP Member Orientation 1:30pm-2:30pm Tai Chi 3pm-4pm Zumba 5:30pm-6:30pm	14 Zumba 9am-10am Aerobic Latin Dance 9:30am-10:30am Consequences of Dental Neglect 11am-12pm 12pm-1pm (Spanish) Meditation 11:15am-12:15pm Yoga for Seniors & People w/ Disabilities 2pm-3:15pm CPR (Spanish) 2pm-6pm Zumba Gold 4:30pm-5:30pm	15 Zumba 9am-10am Line Dance 10:30am-11:30am Zumba Kids (Ages 5-11 and Parents) 12pm-1pm
17 Yoga 9am-10am My Health My Way 10:30am-11:30am 11:30am-12:30pm (Spanish) Strength & Conditioning 12pm-1pm Line Dance 1:30pm-2:30pm Yoga for Seniors & People w/ Disabilities 4:30pm-5:45pm Zumba 5:30pm-6:30pm	18 Medi-Cal Eligibility Worker Zumba Gold 9am-10am Caregiver's Toolbox–Cognitive Stimulation Activities (Spanish) 10am-12pm Aerobic Boxing 10:30am-11:30am Breathing and Relaxation (Spanish) 12:15pm-1:15pm Nutter Butter Cookies–Kid's Food Demo (Ages 5-11 and Parents) 12:30pm-1:30pm IEHP Member Orientation 2:30pm-3:30pm Tai Chi 3pm-4pm Strength & Conditioning 4:30pm-5:30pm	19 Zumba for IEHP Members 9am-10am Aerobic Latin Dance 9:30am-10:30am Meditation 11:15am-12:15pm IEHP Member Orientation (Spanish) 1:30pm-2:30pm Chicken Pozole–Food Demo 3:30pm-4:30pm IEHP Member Eat Healthy, Be Active #6 5pm-7pm Yoga 5:30pm-6:30pm	20 Medi-Cal Eligibility Worker Yoga 9am-10am Circle Time 9:30am-10:30am (ages 0-2) 10:30am-11:30am (ages 3-5) Aerobic Boxing 10:30am-11:30am Santa Nutrigrain & Fruit Waffles– Kid's Food Demo (Ages 5-11 and Parents) 12:30pm-1:30pm Tai Chi 3pm-4pm Zumba 5:30pm-6:30pm	21 Zumba 9am-10am Aerobic Latin Dance 9:30am-10:30am Meditation 11:15am-12:15pm Yoga for Seniors & People w/ Disabilities 2pm-3:15pm CPR for IEHP Members 2pm-6pm Zumba Gold 4:30pm-5:30pm	22 CLOSED
24 CLOSED	25 CLOSED	26 Zumba for IEHP Members 9am-10am Aerobic Latin Dance 9:30am-10:30am Meditation 11:15am-12:15pm IEHP Member Orientation (Spanish) 1:30pm-2:30pm Chicken Pozole–Food Demo 3:30pm-4:30pm (Spanish) Yoga 5:30pm-6:30pm	27 Medi-Cal Eligibility Worker Yoga 9am-10am Circle Time 9:30am-10:30am (ages 0-2) 10:30am-11:30am (ages 3-5) Aerobic Boxing 10:30am-11:30am Diabetes–Happy Healthy Holidays (Spanish) 12pm-1pm Tai Chi 3pm-4pm Zumba 5:30pm-6:30pm	28 Zumba 9am-10am Aerobic Latin Dance 9:30am-10:30am Meditation 11:15am-12:15pm Asthma 101 12pm-1pm 1pm-2pm (Spanish) Yoga for Seniors & People w/ Disabilities 2pm-3:15pm IEHP Member Orientation 2:30pm-3:30pm Zumba Gold 4:30pm-5:30pm	29 CLOSED
31 CLOSED					

Classes are subject to change.

# December 2018 Class Information

IEHP Community Resource Center Classes	Adults	Seniors	Kids (Ages 12+)	English	Spanish
<b>Fitness and Dance Classes</b>	✓	✓	✓	✓	✓
<b>Asthma 101</b>	✓	✓	✓	✓	✓
<b>Caregiver's Toolbox – Cognitive Stimulation Activities</b>	✓	✓		✓	✓
<b>CPR</b>	✓	✓		✓	✓
<b>Dealing with the Holiday Blues</b>	✓	✓		✓	✓
<b>Diabetes – Happy Healthy Holidays</b>	✓	✓	✓	✓	✓
<b>Eat Healthy, Be Active</b>	✓	✓	✓	✓	✓

IEHP Community Resource Center Classes	Adults	Seniors	Kids (Ages 12+)	English	Spanish
<b>Family Asthma Class</b>	✓	✓	✓ <small>Ages 8+ with adults.</small>	✓	✓
<b>IEHP Member Orientation</b>	✓	✓		✓	✓
<b>Medi-Cal Eligibility Worker</b>	✓	✓		✓	✓
<b>Medicare 101</b>	✓	✓		✓	✓
<b>My Health My Way</b>	✓	✓		✓	✓
<b>Nutrition Classes and Food Demos</b>	✓	✓	✓	✓	✓
<b>Prenatal Workshop</b>	✓	✓		✓	✓
<b>Stress Reduction</b>	✓	✓	✓	✓	✓

**Fitness and Dance Classes:** (ages 12 and up) Stay active with Zumba for IEHP Members, Zumba Gold, Yoga, Yoga (Seniors & People with Disabilities), Tai Chi, Aerobic Boxing, Line Dancing, Aerobic Latin Dance, Meditation, and Strength and Conditioning.

**Zumba for Kids:** ages 5-11 with parents.

**Asthma 101:** Learn how to control your asthma symptoms.

**Caregiver's Toolbox–Cognitive Stimulation Activities:** This class teaches different activities the caregiver can enjoy with loved ones who have dementia or cognitive impairment. To register and see if you qualify for care of a family member at no cost while you take the class, call the Inland Caregiver Resource Center at **(909) 514-1404**.

**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.

**CPR:** On first come first serve basis. For the first 30 people who register. Get certified for two years for CPR and First Aid through American Heart Association. For ages 18 and older.

**Dealing with Holiday Blues:** Feeling the blues? Learn to recognize symptoms of depression in your life, and the lives of family and friends. This class will discuss treatment and early interventions to stay motivated.

**Diabetes–Happy Healthy Holidays:** Learn how to maintain healthy eating habits throughout the holiday season while still enjoying your favorite treats. This class shares helpful tips to keep you healthy through the New Year.

**IEHP Members Eat Healthy, Be Active:** This community series consists of six, two-hour workshops. IEHP Members participate in hands-on activities, view short videos, and receive a workbook to take home. Based on the Dietary Guidelines for Americans and the Physical Activity Guidelines for Americans, the workshops focus on wellness through healthy eating and exercise. (Weight tracking is optional — not required).

**Family Asthma Class:** Learn how to live an active life with asthma.

**IEHP Member Orientation:** Get a \$15 grocery certificate for completing this class. You'll learn how to use your IEHP benefits, ways to get care, and more. (Must be active with IEHP).

**Medi-Cal Eligibility Worker:** **Appointment recommended.** Get Medi-Cal application assistance and more from our on-site Medi-Cal worker.

**Medicare 101:** This class provides education to the Medi-Medi population on Medicare Basics. Discussed will be Medicare Part A, B, C and D along with a presentation about IEHP DualChoice Cal MediConnect Program. Topics include: How to utilize the IEHP Cal MediConnect benefits, such as vision, dental and transportation.

**My Health My Way:** This class focuses on an important legal document called an "Advance Care Plan." Advance care planning is making decisions about the health care you would want to receive if you become unable to speak for yourself.

**Nutrition Classes and Food Demos:** For the first 30 people who register. This class consists of interactive and educational nutrition classes for adults.

1. **Healthy Snacking for the Holidays**
2. **Chicken Pozole**
3. **Nutter Butter Cookies – Kid's Food Demo**  
(Ages 5-11 and Parents)
4. **Santa Nutrigrain & Fruit Waffles – Kid's Food Demo**  
(Ages 5-11 and Parents)

**Prenatal Workshop:** Learn about your pregnancy, importance of keeping OB appointments, what to eat, signs of labor, their postpartum checkup, postpartum depression, injury prevention, and more!

**Stress Reduction:** Uncontrolled stress can impact health. This course helps identify sources of stress, coping skills and how to reduce stress levels.

**Now with two locations for your convenience in San Bernardino and Riverside!**



Inland Empire Health Plan  
[www.iehp.org](http://www.iehp.org)



**Metro:** Lines 1, 3/4, 10

San Bernardino Transit Center is located on the corner of Rialto Ave. & E Street

**FREE Parking Available**

You can also view our schedule of **FREE** health and fitness classes at [www.iehp.org/crc](http://www.iehp.org/crc) or call **1-866-228-4347**. TTY users should call **711**.

IEHP complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. ATTENTION: If you speak a language other than English, language assistance services, free of charge, are available to you. Call 1-800-440-4347 (TTY: 1-800-718-4347). IEHP cumple con las leyes federales de derechos civiles aplicables y no discrimina por motivos de raza, color, nacionalidad, edad, discapacidad o sexo. ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-440-4347 (TTY: 1-800-718-4347). IEHP 遵守適用的聯邦民權法律規定，不因種族、膚色、民族血統、年齡、殘障或性別而歧視任何人。注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-800-440-4347 (TTY: 1-800-718-4347)。