

To protect our community's health during COVID-19, our CRC's are offering virtual classes. There are 2 ways to join!



Go to Facebook and search **IEHP CRC** to join **LIVE** classes!

OR



Download **Cisco Webex Meetings** on your Apple or Android smartphone. Enter the **Meeting Code** for the class you choose and password **12345**.

If you have any questions on how to access our classes, call **1-866-228-4347**, or **711** for TTY users.

August 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<p>9am-10am Turbo Kick WebEX: 133 802 0904 10am-11am Chair Fitness WebEX: 133 939 8132 11am-12pm Family Yoga <i>*WebEX Only</i> WebEX: 133 856 7022 11am-12pm Family Asthma WebEX: 133 943 9610 12pm-1pm Understanding Workplace Bias WebEX: 133 874 1233 1pm-2pm Dance Party WebEX: 133 201 9497 1pm-2pm Diabetes #1 (English) WebEX: 133 016 8155 2pm-3pm Diabetes #1 (Spanish) WebEX: 133 915 6674 3pm-4pm Salad with Avocado Dressing WebEX: 133 196 8954 4pm-5pm Kids Yoga WebEX: 133 859 4309 4pm-5pm ASL WebEX: 133 680 0571</p>	<p>9am-10am Yoga for Seniors and People w/Disabilities WebEX: 133 122 8635 10am-11am Meditation (Spanish) WebEX: 133 610 0114 11am-12pm Meditation (English) WebEX: 133 570 0054 12pm-1pm Sign & Sweat WebEX: 133 097 3791 1pm-2pm Line Dancing WebEX: 133 464 9408 2pm-3pm Stress Management (Spanish) WebEX: 133 758 0982 3pm-3:30pm Kid's Explore: Yellow Stone (Spanish) WebEX: 133 310 2855 3:30-4pm Kid's Explore: Yellow Stone (English) WebEX: 133 317 6002 4pm-5pm Yin Yoga WebEX: 133 941 2302</p>	<p>9am-10am Full Body Workout WebEX: 133 630 8305 10am-11am Strength & Conditioning WebEX: 133 746 3107 11am-12pm Living Well with a Disability: Learning Advocacy WebEX: 133 731 4210 12pm-1pm Budgeting on a Fixed Income WebEX: 133 810 9114 1pm-2pm Cook with us: Cold Salads! WebEX: 133 545 6034 2pm-3pm My Life My Choice (English) WebEX: 133 607 8659 3pm-4pm Cut Back on Salt & Sodium (English) WebEX: 133 899 5413 4pm-5pm Piyo WebEX: 133 688 3713</p>	<p>9am-10am Turbo Kick WebEX: 133 802 0904 10:30am-11:30am Eat Healthy Be Active (Spanish) WebEX: 133 069 7241 12pm-1pm ASL WebEX: 133 492 4202 1pm-2pm Eat Healthy Be Active (English) WebEX: 133 484 4900 2pm-3pm Kids Nutrition: Bean Stalk Soup WebEX: 133 931 8872 3pm-4pm Stress Management WebEX: 133 005 6895 4pm-5pm LGBTQ Vogue #1 WebEX: 133 324 0206</p>	<p>9am-10am Yoga for Seniors and People w/Disabilities (Spanish) WebEX: 133 300 4549 10am-11am Chair Fitness WebEX: 133 939 8132 10:30-11:00 Circle Time (Ages 0-5) WebEX: 133 929 3899 11am-12pm Family Yoga WebEX: 133 177 1252 2pm-3pm Goals, Dreams & Beyond for Teens WebEX: 133 152 6351 3pm-3:30pm Multi-Cultural Event (Spanish) WebEX: 133 085 0424 3:30-4pm Multi-Cultural Event (English) WebEX: 133 254 0593</p>
<p>9am-10am Turbo Kick WebEX: 133 802 0904 10am-11am Chair Fitness WebEX: 133 939 8132 11am-12pm Family Yoga <i>*WebEX Only</i> WebEX: 133 856 7022 11am-12pm Family Asthma WebEX: 133 943 9610 12pm-1pm Resume Writing WebEX: 133 907 4059 1pm-2pm Dance Party WebEX: 133 201 9497 1pm-2pm Diabetes #2 (English) WebEX: 133 016 8155 2pm-3pm Diabetes #2 (Spanish) WebEX: 133 915 6674 3pm-4pm Cauliflower Steaks WebEX: 133 687 9371 4pm-5pm Kids Yoga WebEX: 133 859 4309 4pm-5pm ASL WebEX: 133 680 0571</p>	<p>9am-10am Yoga for Seniors and People w/Disabilities WebEX: 133 122 8635 10am-11am Meditation (Spanish) WebEX: 133 610 0114 11am-12pm Meditation (English) WebEX: 133 570 0054 12pm-1pm Sign & Sweat WebEX: 133 097 3791 1pm-2pm Line Dancing WebEX: 133 464 9408 2pm-3pm Cultural Competence (Spanish) WebEX: 133 442 2339 3pm-3:30pm Kids Explore: Marine Life (Spanish) WebEX: 133 558 4964 3:30-4pm Kids Explore: Marine Life (English) WebEX: 133 233 9490 4pm-5pm Yin Yoga WebEX: 133 941 2302</p>	<p>9am-10am Full Body Workout WebEX: 133 630 8305 10am-11am Strength & Conditioning WebEX: 133 746 3107 10am-11pm Breastfeeding Basics (Spanish) WebEX: 133 960 3944 11am-12pm Living Well with a Disability: Maintaining a Healthy Lifestyle WebEX: 133 044 5533 12pm-1pm Making Your Money Work For You WebEX: 133 911 0002 1pm-2pm Mind Mapping (Spanish) WebEX: 133 682 6466 2pm-3pm My Life My Choice (Spanish) WebEX: 133 947 3803 3pm-4pm Access to Care for IEHP Members (Spanish) WebEX: 133 923 4351 4pm-5pm Piyo WebEX: 133 688 3713</p>	<p>9am-10am Turbo Kick WebEX: 133 802 0904 10:30am-11:30am Eat Healthy Be Active (Spanish) WebEX: 133 069 7241 12pm-1pm ASL WebEX: 133 492 4202 1pm-2pm Eat Healthy Be Active (English) WebEX: 133 484 4900 2pm-3pm Find Your Calm (Spanish) WebEX: 133 867 5235 3pm-4pm Cultural Competence WebEX: 133 898 6345 4pm-5pm LGBTQ Vogue #2 WebEX: 133 324 0206</p>	<p>9am-10am Yoga for Seniors and People w/Disabilities (Spanish) WebEX: 133 300 4549 10am-11am Chair Fitness WebEX: 133 939 8132 10:30-11:00 Circle Time (Ages 0-5) WebEX: 133 929 3899 11am-12pm Family Yoga WebEX: 133 177 1252 12pm-1pm Access to Care for IEHP Members (English) WebEX: 133 150 6118 1pm-2pm Find Your Calm (English) WebEX: 133 885 7897 2pm-3pm Goals, Dreams & Beyond for Teens WebEX: 133 152 6351 3pm-3:30pm Homemade Refreshing and Delicious Popsicles (Spanish) WebEX: 133 637 9700 3:30-4pm Homemade Refreshing and Delicious Popsicles (English) WebEX: 133 102 2768</p>
<p>9am-10am Turbo Kick WebEX: 133 802 0904 10am-11am Chair Fitness WebEX: 133 939 8132 11am-12pm Family Yoga <i>*WebEX Only</i> WebEX: 133 856 7022 11am-12pm Family Asthma WebEX: 133 943 9610 12pm-1pm Professional Development WebEX: 133 128 7180 1pm-2pm Dance Party WebEX: 133 201 9497 1pm-2pm Diabetes #3 (English) WebEX: 133 016 8155 2pm-3pm Diabetes #3 (Spanish) WebEX: 133 915 6674 3pm-4pm Cilantro Lime Quinoa WebEX: 133 820 9645 4pm-5pm Kids Yoga WebEX: 133 859 4309 4pm-5pm ASL WebEX: 133 680 0571</p>	<p>9am-10am Yoga for Seniors and People w/Disabilities WebEX: 133 122 8635 10am-11am Meditation (Spanish) WebEX: 133 610 0114 11am-12pm Meditation (English) WebEX: 133 570 0054 12pm-1pm Sign & Sweat WebEX: 133 097 3791 1pm-2pm Line Dancing WebEX: 133 464 9408 2pm-3pm Depression (Spanish) WebEX: 133 349 8921 3pm-3:30pm Kids Explore: Natural History (Spanish) WebEX: 133 443 8244 3:30-4pm Kids Explore: Natural History (English) WebEX: 133 421 4674 4pm-5pm Yin Yoga WebEX: 133 941 2302</p>	<p>9am-10am Full Body Workout WebEX: 133 630 8305 10am-11am Strength & Conditioning WebEX: 133 746 3107 10am-11pm Conceptos Básicos de la Lactancia Materna (Spanish) WebEX: 133 935 3767 12pm-1pm Saving Money 101 WebEX: 133 578 3211 1pm-2pm Stress and Resilience for Teens WebEX: 133 280 7634 3pm-4pm Cut Back on Salt & Sodium (Spanish) WebEX: 133 658 3387 4pm-5pm Piyo WebEX: 133 688 3713</p>	<p>9am-10am Turbo Kick WebEX: 133 802 0904 10:30am-11:30am Eat Healthy Be Active (Spanish) WebEX: 133 069 7241 12pm-1pm ASL WebEX: 133 492 4202 1pm-2pm Eat Healthy Be Active (English) WebEX: 133 484 4900 2pm-3pm Find Your Calm (Spanish) WebEX: 133 867 5235 3pm-4pm Depression WebEX: 133 816 9048 4pm-5pm LGBTQ Vogue #3 WebEX: 133 324 0206</p>	<p>9am-10am Yoga for Seniors and People w/Disabilities (Spanish) WebEX: 133 300 4549 10am-11am Chair Fitness WebEX: 133 939 8132 10:30-11:00 Circle Time (Ages 0-5) WebEX: 133 929 3899 11am-12pm Family Yoga WebEX: 133 177 1252 1pm-2pm Find Your Calm (English) WebEX: 133 885 7897 2pm-3pm Goals, Dreams & Beyond for Teens WebEX: 133 152 6351 3pm-3:30pm Summer Gardening (Spanish) WebEX: 133 826 4190 3:30-4pm Summer Gardening (English) WebEX: 133 964 6440</p>
<p>9am-10am Turbo Kick WebEX: 133 802 0904 10am-11am Chair Fitness WebEX: 133 939 8132 11am-12pm Family Yoga <i>*WebEX Only</i> WebEX: 133 856 7022 11am-12pm Family Asthma WebEX: 133 943 9610 12pm-1pm Resume Writing WebEX: 133 302 9567 1pm-2pm Dance Party WebEX: 133 201 9497 1pm-2pm Diabetes #4 (English) WebEX: 133 016 8155 2pm-3pm Diabetes #4 (Spanish) WebEX: 133 915 6674 3pm-4pm Vegetarian Chicken Salad WebEX: 133 442 1082 4pm-5pm Kids Yoga WebEX: 133 859 4309 4pm-5pm ASL WebEX: 133 680 0571</p>	<p>9am-10am Yoga for Seniors and People w/Disabilities WebEX: 133 122 8635 10am-11am Meditation (Spanish) WebEX: 133 610 0114 11am-12pm Meditation (English) WebEX: 133 570 0054 12pm-1pm Sign & Sweat WebEX: 133 097 3791 1pm-2pm Line Dancing WebEX: 133 464 9408 2pm-3pm Communication Skills (Spanish) WebEX: 133 403 8875 3pm-3:30pm Kids Explore: Trip to NASA (Spanish) WebEX: 133 866 7285 3:30-4pm Kids Explore: Trip to NASA (English) WebEX: 133 554 3689 4pm-5pm Yin Yoga WebEX: 133 941 2302</p>	<p>9am-10am Full Body Workout WebEX: 133 630 8305 10am-11am Strength & Conditioning WebEX: 133 746 3107 11am-12pm Living Well with a Disability: Steps in Goalsetting WebEX: 133 919 1716 12pm-1pm FAFSA Workshop WebEX: 133 724 3107 1pm-2pm Financial Planning for Teens WebEX: 133 606 9428 2pm-3pm Access to Care for IEHP Members (English) WebEX: 133 969 8342 4pm-5pm Piyo WebEX: 133 688 3713</p>	<p>9am-10am Turbo Kick WebEX: 133 802 0904 12pm-1pm ASL WebEX: 133 492 4202 2pm-3pm Find Your Calm (Spanish) WebEX: 133 867 5235 3pm-4pm Communication Skills WebEX: 133 193 4661 4pm-5pm LGBTQ Vogue #4 WebEX: 133 324 0206</p>	<p>9am-10am Yoga for Seniors and People w/Disabilities (Spanish) WebEX: 133 300 4549 10am-11am Chair Fitness WebEX: 133 939 8132 10:30-11:00 Circle Time (Ages 0-5) WebEX: 133 929 3899 11am-12pm Family Yoga WebEX: 133 177 1252 12pm-1pm Access to Care for IEHP Members (Spanish) WebEX: 133 101 7212 1pm-2pm Find Your Calm (English) WebEX: 133 885 7897 2pm-3pm Goals, Dreams & Beyond for Teens WebEX: 133 152 6351 3pm-3:30pm Community Summer Resources (Spanish) WebEX: 133 054 4105 3:30-4pm Community Summer Resources (English) WebEX: 133 951 0453</p>
<p>9am-10am Turbo Kick WebEX: 133 802 0904 10am-11am Chair Fitness WebEX: 133 939 8132 11am-12pm Family Yoga <i>*WebEX Only</i> WebEX: 133 856 7022 11am-12pm Family Asthma WebEX: 133 943 9610 12pm-1pm Professional Development WebEX: 133 188 5777 1pm-2pm Dance Party WebEX: 133 201 9497 2pm-3pm Kids Nutrition Class: Overnight Chia Seed Pudding WebEX: 133 090 3077 3pm-4pm Spicy Lentil Wraps WebEX: 133 651 5553 4pm-5pm Kids Yoga WebEX: 133 859 4309 4pm-5pm ASL WebEX: 133 680 0571</p>	<p>WebEX Links: Apple Users: https://apps.apple.com/us/app/cisco.webex.meetings/id298844386 Android Users: https://play.google.com/store/apps/details?id=com.cisco.webex.meetings PC Users: https://www.webex.com/</p> <p>Facebook Links: Community Resource Center Victorville https://www.facebook.com/Victorville-Community-Resource-Center-100572088003315/ Community Resource Center Riverside https://www.facebook.com/IEHPCRCRiverside/ Community Resource Center San Bernardino https://www.facebook.com/sanbernardinoecr/</p>			