

# January 2025

## IEHP Wellness Classes • Southeast Riverside County



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Location																																										
			01	02	03	04	<b>Desert Hot Springs FRC</b> 14320 Palm Dr. Desert Hot Springs, CA 92240																																										
05	06	07	08	09	10	11	<b>First 5 Family Resource Center</b> 91275 66Th Avenue (Suite 100A) Mecca, CA 92254																																										
			<ul style="list-style-type: none"> <li>9:30AM Eat Healthy, Be Active</li> <li>11AM Diabetes: Problem Solving</li> <li>1:30PM Diabetes: Problem Solving</li> <li>3PM Healthy Living: Food Knowledge</li> </ul>		<ul style="list-style-type: none"> <li>9:30AM Living Well: Physical Activity</li> <li>11AM Control Your Asthma</li> <li>1:30PM Healthy Living: Food Knowledge</li> <li>3PM Controlling Stress</li> </ul>		<b>Mead Valley FRC</b> 21091 Rider Street (Suite #204) Perris, CA 92570																																										
12	13	14	15	16	17	18																																											
		<ul style="list-style-type: none"> <li>1PM Intro to Healthy Living</li> <li>2:15PM Intro to Diabetes</li> <li>3:30PM Intro to Healthy Living</li> </ul>	<ul style="list-style-type: none"> <li>9:30AM Eat Healthy, Be Active</li> <li>11AM Healthy Living: Food Knowledge</li> <li>1:30PM Control Your Blood Pressure</li> <li>3PM Control Your Blood Pressure</li> </ul>		<ul style="list-style-type: none"> <li>9:30AM Quitting Tobacco</li> <li>11AM Breastfeeding Basics</li> <li>1:30PM Control Your Blood Pressure</li> <li>3PM Diabetes: Healthy Eating#2</li> </ul>																																												
19	20	21	22	23	24	25																																											
			<ul style="list-style-type: none"> <li>9:30AM Eat Healthy, Be Active</li> <li>11AM Understand Your Asthma</li> <li>1:30PM Understand Your Asthma</li> <li>3PM Advance Care Planning</li> </ul>		<ul style="list-style-type: none"> <li>9:30AM Living Well: Advocacy</li> <li>11AM Relaxation Techniques</li> <li>1:30PM Food Knowledge: Food Labels &amp; Smart Shopping</li> <li>3PM Intro to Diabetes</li> </ul>		<p>December</p> <table border="1"> <thead> <tr> <th>S</th> <th>M</th> <th>T</th> <th>W</th> <th>T</th> <th>F</th> <th>S</th> </tr> </thead> <tbody> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr> <tr><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr> <tr><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td></tr> <tr><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td></tr> <tr><td>29</td><td>30</td><td>31</td><td></td><td></td><td></td><td></td></tr> </tbody> </table>	S	M	T	W	T	F	S	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31				
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26	27	28	29	30	31																																												
			<ul style="list-style-type: none"> <li>9:30AM Eat Healthy, Be Active</li> <li>11AM Labor &amp; Birth</li> <li>1:30PM Labor &amp; Birth</li> <li>3PM Advance Care Planning</li> </ul>		<ul style="list-style-type: none"> <li>9:30AM Advance Care Planning</li> <li>11AM Postpartum Care</li> <li>1:30PM Control Your Cholesterol</li> <li>3PM Diabetes: Being Active</li> </ul>		<p>February</p> <table border="1"> <thead> <tr> <th>S</th> <th>M</th> <th>T</th> <th>W</th> <th>T</th> <th>F</th> <th>S</th> </tr> </thead> <tbody> <tr><td></td><td></td><td></td><td></td><td></td><td></td><td>1</td></tr> <tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr> <tr><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td></tr> <tr><td></td><td></td><td></td><td>19</td><td>20</td><td>21</td><td>22</td></tr> <tr><td></td><td></td><td></td><td>26</td><td>27</td><td>28</td><td></td></tr> </tbody> </table>	S	M	T	W	T	F	S							1	2	3	4	5	6	7	8	9	10	11	12	13	14	15				19	20	21	22				26	27	28	
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<ul style="list-style-type: none"> <li>English</li> <li>Spanish</li> </ul>																																																	