

November 2024

IEHP Wellness Classes • Riverside Proper



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					01	02
03	04	05	06	07	08	09
	• 1PM Your Health & Wellness Benefits	• 9AM Healthy Communication • 9:30AM Protect Your Heart • 10:30AM Quitting Tobacco - Where to Start? • 1PM Intro to Healthy Living • 4PM Intro to Healthy Living		• 9:30AM Intro to Healthy Li		
10	11	12	13	14	15	16
		• 10:30AM Diabetes: Problem Solving • 12PM Diabetes: Problem Solving • 2:30PM Control Your Asthma		• 9:30AM Food Knowledge: MyPlate,	• 2:30PM Control Your Cholesterol	
17	18	19	20	21	22	23
	• 1PM Your Health & Wellness Benefits	• 9AM Living Well: Seeking Information • 10:30AM Control Your Asthma • 1PM Control Your Cholesterol • 4PM Controlling Stress		• 9:30AM Food Labels and Smart Shopping		
24	25	26	27	28	29	30

Location
IEHP Community Wellness Center 3590 Tyler Street (Suite 101) Riverside, CA 92503
Reach Out 8300 Limonite Avenue (Suite G) Jurupa Valley, CA 92509
Riverside Parks and Recreation 3936 Chestnut Street Riverside, CA 92501

October

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		

December

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
			25	26	27	28

- English
- Spanish

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