



Community Resource Center – Riverside

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

3590 Tyler Street, Suite 101, Riverside, CA 92503 (across from Galleria at Tyler)

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



July 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 Zumba 9am-10am Circle Time 10am-10:30am Yoga 10:30am-11:30am Circle Time (Spanish) 1pm-1:30pm Turkey Hot Dogs – Food Demo 3:30pm-4:30pm IEHP Member Eat Healthy, Be Active (Pre-registration required) 5pm-7pm Aerobic Boxing 6pm-7pm	3 Yoga for Seniors & People w/ Disabilities 9am-10:15am Caregivers Toolbox – The Dementias 10am-12pm Strength & Conditioning 11am-12pm Tai Chi 12:30pm-1:30pm Breathing and Relaxation 1:30pm-2:30pm Zumba 4:30pm-5:30pm	4 CLOSED	5 Zumba 9am-10am Asthma 101 10am-11am Strength & Conditioning 11am-12pm Tai Chi 12:30pm-1:30pm IEHP Member Orientation 2pm-3pm Yoga for Seniors & People w/ Disabilities 4:30pm-5:45pm	6 Yoga 9am-10am Eat Colorful Fruits & Vegetables (Ages 5-11 and Parents) 10:30am-11:30am Zumba Gold 11am-12pm Yoga for Kids (Ages 5-11 and Parents) 12pm-1pm Meditation 1pm-2pm IEHP Member Orientation (Spanish) 2pm-3pm Zumba for IEHP Members 4:30pm-5:30pm	7 Zumba 9am-10am Line Dance 10:30am-11:30am Zumba for Kids (Ages 5-11 and Parents) 12pm-1pm Bagel Fruit Pizza– Kids Food Demo (Ages 5-11 and Parents) 1pm-1:45pm
9 Zumba 9am-10am Circle Time 10am-10:30am Yoga 10:30am-11:30am Circle Time (Spanish) 1pm-1:30pm Turkey Hot Dogs – Food Demo (Spanish) 3:30pm-4:30pm IEHP Member Eat Healthy, Be Active (Pre-registration required) 5pm-7pm Aerobic Boxing 6pm-7pm	10 Yoga for Seniors & People w/ Disabilities 9am-10:15am Healthy Eating 10am-11am Strength & Conditioning 11am-12pm Tai Chi 12:30pm-1:30pm Asthma 101 (Spanish) 3pm-4pm Zumba 4:30pm-5:30pm	11 Yoga 9am-10am Line Dance 11am-12pm Zumba for Kids (Ages 5-11 and Parents) 12pm-1pm Meditation 1pm-2pm IEHP Member Orientation 2pm-3pm Planning Healthy Meals 5pm-6pm Zumba 6pm-7pm	12 Zumba 9am-10am Planning Healthy Meals (Spanish) 10am-11am Strength & Conditioning 11am-12pm Diabetes – Lose Weight, Feel Great 12pm-1pm Tai Chi 12:30pm-1:30pm Yoga for Seniors & People w/ Disabilities 4:30pm-5:45pm IEHP Member Eat Healthy, Be Active (Spanish) (Pre-registration required) 5pm-7pm	13 Yoga 9am-10am Choose Drinks with Less Sugar (Ages 5-11 and Parents) 10:30am-11:30am Zumba Gold 11am-12pm Yoga for Kids (Ages 5-11 and Parents) 12pm-1pm Meditation 1pm-2pm IEHP Member Orientation (Spanish) 2pm-3pm Zumba for IEHP Members 4:30pm-5:30pm	14 Zumba 9am-10am Line Dance 10:30am-11:30am Zumba for Kids (Ages 5-11 and Parents) 12pm-1pm Nutrigrain Waffles and Fruit – Kids Food Demo (Ages 5-11 and Parents) 1pm-1:45pm
16 Zumba 9am-10am Circle Time 10am-10:30am Yoga 10:30am-11:30am Circle Time (Spanish) 1pm-1:30pm Lettuce Wrap Burgers – Food Demo 3:30pm-4:30pm IEHP Member Eat Healthy, Be Active (Pre-registration required) 5pm-7pm Aerobic Boxing 6pm-7pm	17 Meditation 9am-10am Caregivers Toolbox – The Dementias (Spanish) 10am-12pm Strength & Conditioning 11am-12pm IEHP Member Orientation 12pm-1pm Tai Chi 12:30pm-1:30pm Breathing and Relaxation (Spanish) 1:30am-2:30pm Zumba 4:30pm-5:30pm	18 Yoga 9am-10am IEHP Member Orientation (Spanish) 10am-11am Line Dance 11am-12pm Zumba for Kids (Ages 5-11 and Parents) 12pm-1pm Meditation 1pm-2pm Shopping on a Budget 5pm-6pm Zumba 6pm-7pm	19 Zumba 9am-10am Shopping on a Budget (Spanish) 10am-11am Strength & Conditioning 11am-12pm Tai Chi 12:30pm-1:30pm Yoga for Seniors & People w/ Disabilities 4:30pm-5:45pm IEHP Member Eat Healthy, Be Active (Spanish) (Pre-registration required) 5pm-7pm	20 Yoga 9am-10am Make Your Own Healthy Snacks (Ages 5-11 and Parents) 10:30am-11:30am Zumba Gold 11am-12pm Yoga for Kids (Ages 5-11 and Parents) 12pm-1pm Meditation 1pm-2pm Zumba for IEHP Members 4:30pm-5:30pm	21 Zumba 9am-10am IEHP Member Family Asthma Class (Pre-registration required) 10:30am-1pm Line Dance 10:30am-11:30am Zumba for Kids (Ages 5-11 and Parents) 12pm-1pm
23 Zumba 9am-10am Circle Time 10am-10:30am Yoga 10:30am-11:30am Circle Time (Spanish) 1pm-1:30pm Lettuce Wrap Burgers – Food Demo (Spanish) 3:30pm-4:30pm IEHP Member Eat Healthy, Be Active (Pre-registration required) 5pm-7pm Aerobic Boxing 6pm-7pm	24 Yoga for Seniors & People w/ Disabilities 9am-10:15am Healthy Eating (Spanish) 10am-11am Strength & Conditioning 11am-12pm Tai Chi 12:30pm-1:30pm IEHP Member Orientation (Spanish) 2pm-3pm Zumba 4:30pm-5:30pm	25 Yoga 9am-10am Line Dance 11am-12pm Zumba for Kids (Ages 5-11 and Parents) 12pm-1pm Meditation 1pm-2pm IEHP Member Orientation 3:30pm-4:30pm What's on a Label 5pm-6pm Zumba 6pm-7pm	26 Zumba 9am-10am What's on a Label (Spanish) 10am-11am Strength & Conditioning 11am-12pm Diabetes – Lose Weight, Feel Great (Spanish) 12pm-1pm Tai Chi 12:30pm-1:30pm Yoga for Seniors & People w/ Disabilities 4:30pm-5:45pm IEHP Member Eat Healthy, Be Active (Spanish) (Pre-registration required) 5pm-7pm	27 Yoga 9am-10am Choose Whole Grains (Ages 5-11 and Parents) 10:30am-11:30am Zumba Gold 11am-12pm Yoga for Kids (Ages 5-11 and Parents) 12pm-1pm Meditation 1pm-2pm Zumba for IEHP Members 4:30pm-5:30pm	28 Zumba 9am-10am Line Dance 10:30am-11:30am Zumba for Kids (Ages 5-11 and Parents) 12pm-1pm
30 Zumba 9am-10am Circle Time 10am-10:30am Yoga 10:30am-11:30am Circle Time (Spanish) 1pm-1:30pm Yogurt Parfaits – Food Demo 3:30pm-4:30pm IEHP Member Eat Healthy, Be Active (Pre-registration required) 5pm-7pm Aerobic Boxing 6pm-7pm	31 Yoga for Seniors & People w/ Disabilities 9am-10:15am Medicare 101 10am-10:30am 10:30am-11am (Spanish) Strength & Conditioning 11am-12pm Tai Chi 12:30pm-1:30pm IEHP Member Orientation (Spanish) 3pm-4pm Zumba 4:30pm-5:30pm				

Classes are subject to change. Spanish: See calendar for schedule.

July 2018 Class Information

IEHP Community Resource Center Classes	Adults 12+	Seniors	Kids (Ages 5-11)	English	Spanish
Fitness and Dance Classes	✓	✓	✓	✓	✓
Asthma 101	✓	✓		✓	✓
Breathing and Relaxation Techniques	✓	✓		✓	✓
Caregivers Toolbox – The Dementias	✓	✓		✓	✓
Circle Time			✓ Ages 0-5 with adults	✓	✓
Diabetes – Lose Weight Feel Great	✓	✓		✓	✓
Healthy Kids 4 Life Class and Food Demo			✓ Ages 5-11 with adults	✓	

IEHP Community Resource Center Classes	Adults 12+	Seniors	Kids (Ages 5-11)	English	Spanish
Healthy Living Series	✓	✓		✓	✓
IEHP Member Eat Healthy, Be Active (Pre-registration required)	✓	✓	✓ Ages 7-17 with adults	✓	✓
IEHP Member Family Asthma Class (Pre-registration required)	✓	✓	✓ Ages 8+ with adults		✓
IEHP Member Orientation	✓	✓		✓	✓
Medicare 101	✓	✓		✓	✓
Nutrition Classes and Food Demos	✓	✓		✓	✓

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

Yoga for Kids (ages 5-11) and Zumba for Kids (ages 5-11).

Asthma 101: Learn how to control your asthma symptoms.

Breathing and Relaxation Techniques: In this class, you will practice a variety of breathing and relaxation exercises to use to restore calm when upset, anger, frustration, stress or pain creeps into your life.

Caregivers Toolbox – The Dementias: 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.

Diabetes – Lose Weight Feel Great: Review tips for grocery shopping, cooking, eating out, reading the “Nutrition Facts” label, cutting calories, and exercise.

Healthy Kids 4 Life Class and Food Demo: For the first 30 kids and parents who register for this class for kids. This class consists of an interactive and educational nutrition class for kids.

1. Eat Colorful Fruits & Vegetables
2. Bagel Fruit Pizza
3. Choose Drinks with Less Sugar
4. Nutrigrain Waffles and Fruit
5. Make your Own Healthy Snacks
6. Choose Whole Grains

Healthy Living Series: These five classes (three sessions this month) are full of tips and tools to help you live a more healthy and active lifestyle.

1. Planning Healthy Meals
2. Shopping on a Budget
3. What’s on a Label

IEHP Member Eat Healthy, Be Active: (Pre-registration required). This community series consists of six, 2-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).

IEHP Member Family Asthma Class: Learn how to live an active life with asthma. (Pre-registration required).

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).

Medicare101: 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.

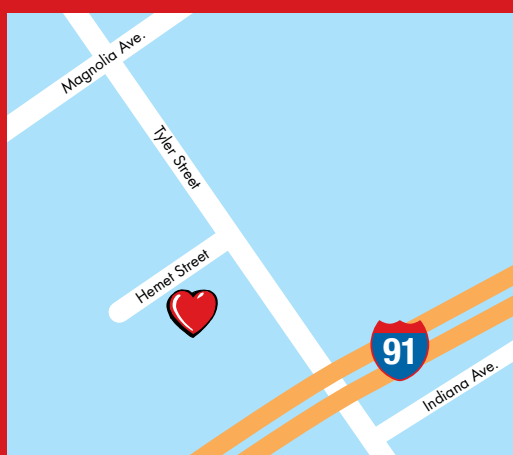
Nutrition Classes and Food Demos: For the first 30 people who register. This class consists of 3 interactive and educational nutrition classes for adults.

1. Turkey Hot Dogs
2. Lettuce Wrap Burgers
3. Yogurt Parfaits

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



Inland Empire Health Plan
www.iehp.org



Metro: Galleria at Tyler Bus Stop is located on the corner of Magnolia Ave. and Tyler St.

FREE Parking Available

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