



Inland Empire Health Plan

Community Resource Center – Riverside

Everyone is Welcome! Join us and you will:

♥ Learn how to use your IEHP benefits

♥ Find out how to get affordable coverage

♥ Take health and fitness classes

♥ 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



September 2018

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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| | | | | | |
| 3 | 4 Yoga for Seniors & People w/ Disabilities 9am-10:15am Caregivers toolbox – Cognitive Stimulations Activities 10am-12pm Strength & Conditioning 11am-12pm Tai Chi 12:30pm-1:30pm Breathing and Relaxation 1pm-2pm 2pm-3pm (Spanish) Zumba 4:30pm-5:30pm | 5 Yoga 9am-10am Line Dance 11am-12pm Asthma 101 12pm-1pm 1pm-2pm (Spanish) Meditation 1pm-2pm Build a Healthy Plate (Spanish) 4pm-5pm Build a Healthy Plate 5pm-6pm Zumba 6pm-7pm | 6 Zumba 9am-10am IEHP Members Diabetes Prevention Program (DPP) – (Pre-registration is required) 10am-11am Strength & Conditioning 11am-12pm Breastfeeding Support Group 12pm-1pm Tai Chi 12:30pm-1:30pm IEHP Member Orientation 1:30pm-2:30pm (Spanish) Yoga for Seniors & People w/ Disabilities 4:30pm-5:45pm | 7 Yoga 9am-10am Stress Management 10am-11am (Spanish) Zumba Gold 11am-12pm Gardening – Cactus and Succulents 12pm-1pm Meditation 1pm-2pm IEHP Member Orientation 2:30pm-3:30pm Zumba for IEHP Members 4:30pm-5:30pm | 8 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 |
| 10 Zumba 9am-10am Circle Time 9:30am-10:30am (ages 0-3) 10:30pm-11:30am (ages 4-5) Yoga 10:30am-11:30am Cactus and Cheese Enchiladas – Food Demo 3:30pm-4:30pm IEHP Member Eat Healthy, Be Active 5pm-7pm Aerobic Boxing 6pm-7pm | 11 Yoga for Seniors & People w/ Disabilities 9am-10:15am Heart Health 10am-11am Strength & Conditioning 11am-12pm Gardening – Birdhouse Feeder Project 12pm-1pm 1pm-2pm (Spanish) Tai Chi 12:30pm-1:30pm Zumba 4:30pm-5:30pm | 12 Yoga 9am-10am CPR (Spanish) 10am-2pm Line Dance 11am-12pm Meditation 1pm-2pm IEHP Member Orientation 4pm-5pm Zumba 6pm-7pm | 13 Zumba 9am-10am IEHP Members Diabetes Prevention Program (DPP) – (Pre-registration is required) 10am-11am Strength & Conditioning 11am-12pm Diabetes – Fit and Healthy Family 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) 5pm-7pm | 14 Yoga 9am-10am IEHP Member Orientation (Spanish) 10am-11am Zumba Gold 11am-12pm Meditation 1pm-2pm What to Expect When You Visit the Dentist 1:30pm-2:30pm 2:30pm-3:30pm (Spanish) Zumba for IEHP Members 4:30pm-5:30pm | 15 Zumba 9am-10am Line Dance 10:30am-11:30am Zumba for Kids (Ages 5-11 and Parents) 12pm-1pm Basic Gardening for Kids (Ages 5-11 and Parents) 1pm-1:45pm |
| 17 Zumba 9am-10am Circle Time 9:30am-10:30am (ages 0-3) 10:30pm-11:30am (ages 4-5) Yoga 10:30am-11:30am Understanding High Blood Pressure 12pm-1pm 1pm-2pm (Spanish) Cactus and Cheese Enchiladas – Food Demo (Spanish) 3:30pm-4:30pm IEHP Member Eat Healthy, Be Active 5pm-7pm Aerobic Boxing 6pm-7pm | 18 Legislative Breakfast 8am -12:30pm Yoga for Seniors & People w/ Disabilities 8:30am-9:30am Caregivers toolbox – Cognitive Stimulations Activities (Spanish) 10am-12pm Strength & Conditioning Canceled Tai Chi 12:30pm-1:30pm Zumba 4:30pm-5:30pm | 19 Yoga 9am-10am Line Dance 11am-12pm IEHP Member Orientation 12pm-1pm Meditation 1pm-2pm CPR 2pm-6pm Zumba 6pm-7pm | 20 Zumba 9am-10am IEHP Members Diabetes Prevention Program (DPP) – (Pre-registration is required) 10am-11am Strength & Conditioning 11am-12pm Breastfeeding Support Group 12pm-1pm (Spanish) Tai Chi 12:30pm-1:30pm Yoga for Seniors & People w/ Disabilities 4:30pm-5:45pm IEHP Member Eat Healthy, Be Active (Spanish) 5pm-7pm | 21 Yoga 9am-10am Intro/Eat the MyPlate Way (Spanish) 9am-10am Zumba Gold 11am-12pm Intro/Eat the MyPlate Way 12pm-1pm Meditation 1pm-2pm IEHP Member Orientation (Spanish) 2pm-3pm Zumba for IEHP Members 4:30pm-5:30pm | 22 Zumba 9am-10am Line Dance 10:30am-11:30am Zumba for Kids (Ages 5-11 and Parents) 12pm-1pm |
| 24 Zumba 9am-10am Circle Time 9:30am-10:30am (ages 0-3) 10:30pm-11:30am (ages 4-5) Yoga 10:30am-11:30am IEHP Member Orientation 1pm-2pm (Spanish) Chicken Enchilada Zucchini Boats – Food Demo 3:30pm-4:30pm IEHP Member Eat Healthy, Be Active 5pm-7pm Aerobic Boxing 6pm-7pm | 25 Yoga for Seniors & People w/ Disabilities 9am-10:15am Heart Health (Spanish) 10am-11am ** National Voter Registration Day 10am-12pm Strength & Conditioning 11am-12pm Tai Chi 12:30pm-1:30pm Zumba 4:30pm-5:30pm | 26 Yoga 9am-10am IEHP Member Orientation 10am-11am Line Dance 11am-12pm Meditation 1pm-2pm Gardening – Cactus and Succulents (Spanish) 2pm-3pm Medicare 101 4pm-4:30pm 4:30pm-5pm (Spanish) Zumba 6pm-7pm | 27 Zumba 9am-10am IEHP Members Diabetes Prevention Program (DPP) – (Pre-registration is required) 10am-11am Strength & Conditioning 11am-12pm Diabetes – Fit and Healthy Family (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) 5pm-7pm | 28 Yoga 9am-10am Make Half Your Plate Fruits & Veggies (Spanish) 9am-10am Zumba Gold 11am-12pm Make Half your Plate Fruits & Veggies 12pm-1pm Meditation 1pm-2pm Zumba for IEHP Members 4:30pm-5:30pm | 29 Zumba 9am-10am Line Dance 10:30am-11:30am Zumba for Kids (Ages 5-11 and Parents) 12pm-1pm |

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

September 2018 Class Information

| IEHP Community Resource Center Classes | Adults 12+ | Seniors | Kids (Ages 5-11) | English | Spanish |
|--------------------------------------------------------|------------|---------|------------------|---------|---------|
| Fitness and Dance Classes | ✓ | ✓ | ✓ | ✓ | ✓ |
| Asthma 101 | ✓ | ✓ | | ✓ | ✓ |
| Breastfeeding Support Group | ✓ | ✓ | | ✓ | ✓ |
| Caregivers Toolbox – Cognitive Stimulations Activities | ✓ | ✓ | | ✓ | ✓ |
| CPR | ✓ 18+ | ✓ | | ✓ | ✓ |
| Diabetes – Fit and Healthy Family | ✓ | ✓ | | ✓ | ✓ |
| Gardening | ✓ | ✓ | ✓ | ✓ | ✓ |
| Healthy Eating and Active Living Series | ✓ | ✓ | | ✓ | ✓ |
| Heart Health | ✓ | ✓ | | ✓ | ✓ |

| IEHP Community Resource Center Classes | Adults 12+ | Seniors | Kids (Ages 5-11) | English | Spanish |
|---------------------------------------------------------------------------|------------|---------|----------------------------|---------|---------|
| IEHP Member Diabetes Prevention Program (DPP) (Pre-registration required) | ✓ 18+ | ✓ | | ✓ | ✓ |
| IEHP Member Eat Healthy, Be Active | ✓ | ✓ | ✓ 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 | ✓ | ✓ | | ✓ | ✓ |
| Stress Management | ✓ 18+ | ✓ | | | ✓ |
| Understanding High Blood Pressure | ✓ | ✓ | | ✓ | ✓ |
| What to Expect When You Visit the Dentist | ✓ | ✓ | | ✓ | ✓ |



** To celebrate **National Voter Registration Day**, IEHP and Riverside County will be providing voter registration packets at the Riverside CRC on September 25th from 10am-12pm. County staff will be available to answer questions and provide assistance to anyone that needs it.

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.

Zumba for Kids (ages 5-11).

Asthma 101: Learn how to control your asthma symptoms.

Breastfeeding Support Group: This class provides breastfeeding advice, tips, and resources to help manage breastfeeding-related problems. Drop-ins are welcome.

Caregivers Toolbox – Cognitive Stimulations Activities: 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.

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

1. **Introduction/Eat the MyPlate Way**
2. **Make Half Your Plate Fruits and Veggies**

IEHP Members Diabetes Prevention Program (DPP): (Pre-registration is required. Please call (619) 793-2010). This year-long lifestyle change program helps IEHP Members with prediabetes learn healthy eating and exercise habits. Must be 18 and over to participate. Weekly weigh-ins are required.

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).

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).

Legislative Breakfast: Addressing the financial needs of people with intellectual or developmental delays.

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 2 interactive and educational nutrition classes for adults.

1. **Cactus and Cheese Enchiladas**
2. **Chicken Enchilada Zucchini Boats**

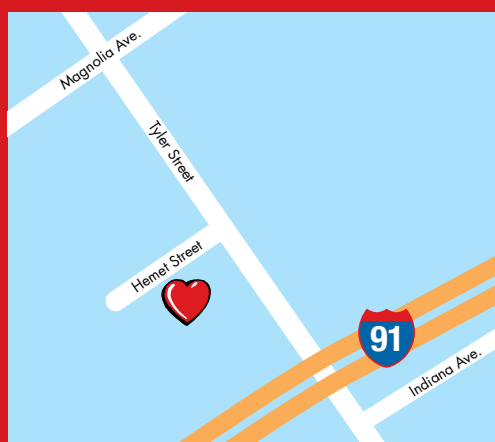
Stress Management – For ages 18 and older.

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**.

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)。