

# Health *Ed*

HEALTH AND WELLNESS CLASSES FOR ALL AGES

Start your day with a

## HEALTHY BREAKFAST



**FITNESS  
AND YOGA**

**HAWAIIAN  
LUAU DANCE**

**CHOLESTEROL  
MANAGEMENT**



**MEXICAN INDEPENDENCE DAY DANCE**

*See page 11 for more information*

## Editor's Letter

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**W**ith summer winding down, families getting ready to start a new school year, and Better Breakfast Month in September, we wanted to remind you of the importance of starting off the day with a balanced and nutritious breakfast.

My “go to” healthy and fast breakfast is cooked oatmeal with 1/2 cup of fresh fruit and a tablespoon of chopped almonds. It’s so good – and easy!

There are many health and wellness reasons for you and your family members of all ages to take the time to eat a healthy morning meal. But we also know that getting out of the house in the morning results in many of us eating the quickest or easiest food to prepare with little thought to its nutritional value.

The good news is that there are many healthy options available, so there is no good excuse to skip breakfast anymore! In this issue, you will learn the importance of eating a healthy morning meal and a few suggestions to help you get your day off to the right start.

In Good Health,



*Hana Eicher*  
VP, Patient Outreach & Engagement



S	M	T	W	T	F	S
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4	5	6	7	8	9	10
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### **National Breakfast Month**

September signifies National Breakfast Month. It is a commemorative holiday used throughout the United States to raise awareness and celebrate the importance of breakfast for people of all ages. We hope you have a wonderful National Breakfast Month, and celebrate daily with a healthy, nutritious morning meal!

# INSIDE

*Health education and wellness activities that will rejuvenate your life*



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**READ THROUGH THE PAGES** of this newsletter and experience the wonders of Southern California while connecting and having fun!



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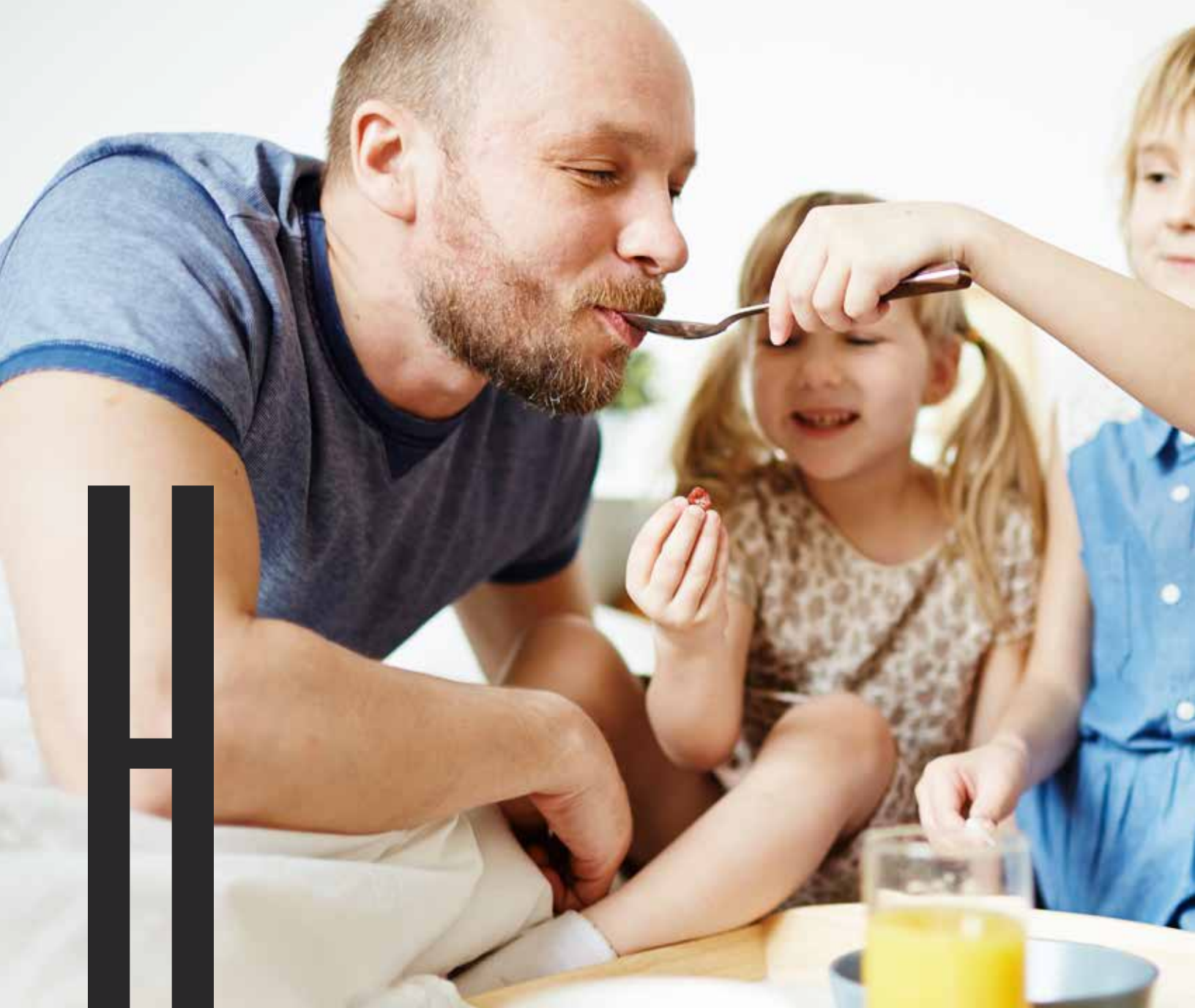
## **TART YOUR DAY WITH A HEALTHY BREAKFAST!**

Did you know that September is National Breakfast Month, and September 26th is recognized as Better Breakfast Day?

For many families, breakfast is a low priority – or not one at all. Excuses range from people saying they're not hungry early in the morning (that could be because they are eating lots of calories before going to bed), they don't have time, they want to cut calories, and they don't like breakfast foods.

Learn why you and people of all ages should be eating a healthy breakfast every day.

Kick-start  
your day with  
our breakfast  
recipes →



Here's why you and people of all ages should be eating a healthy breakfast every day!

- **BREAKFAST KICK-STARTS THE METABOLISM.**

Skipping the morning meal can throw off your body's rhythm of fasting and eating. When you wake up, the blood sugar your body needs to make your muscles and brain work their best is usually low. You need food to burn calories. Without breakfast to get the metabolism going

again, the body stays at the lower level of metabolism, burning fewer calories than if it had breakfast.

- **BREAKFAST IS NECESSARY FOR MEETING DAILY NUTRIENT NEEDS.**

Breakfast gives you a chance to get in some vitamins and nutrients from healthy foods like dairy, grains, and fruits. If you don't eat it, you aren't likely to get all of the nutrients your body needs.



to be overweight. People who skip breakfast may gain weight, which can lead to high cholesterol and blood pressure – and increase your risk of heart disease.

- **CHILDREN WHO EAT BREAKFAST GET HIGHER GRADES IN SCHOOL AND ARE LESS LIKELY TO BE DEPRESSED, ANXIOUS, OR IRRITABLE.** The most important thing about breakfast is to make sure your child eats nutritiously. Research shows a clear link between breakfast and school performance. Eating in the morning is linked with helping kids concentrate and do well in school.

Here are some tips to help overcome the common challenges of skipping breakfast:

- a) **Start by eating something small and easy to grab like a piece of fruit, glass of milk, or cup of yogurt.** Something is better than nothing. Slowly build up to a more significant breakfast of 300-600 calories (depending on what your total daily caloric intake should be).
- b) **Set aside at least 10 minutes to eat sitting down.** However, if this isn't possible, there are many healthful breakfast options that can be eaten on the run (see recipe on next page). To lessen the time burden in the morning, prepare breakfast the night before.
- c) **If you must, check out your favorite fast-food restaurant.** Most fast food chains are now offering a variety of healthy breakfast options.
- d) **Who said you have to eat typical breakfast foods?** As long as what you're eating is nutritious and getting your metabolism going, it doesn't matter what it is. There is nothing wrong with eating a turkey sandwich on whole grain bread or rice and beans for breakfast!

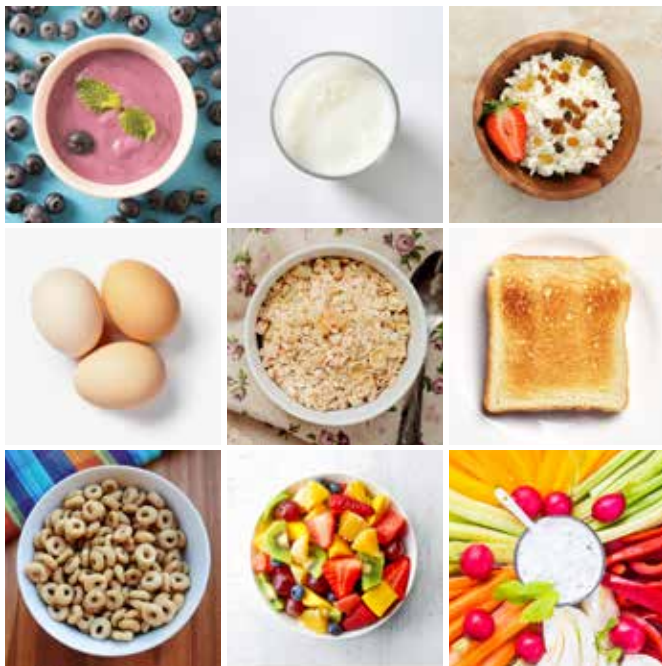
- **EATING BREAKFAST MIGHT LOWER YOUR RISK OF TYPE 2 DIABETES.** A nutritional morning meal may help you avoid fluctuating glucose levels, which can lead to diabetes.
- **EATING BREAKFAST HELPS WITH WEIGHT MANAGEMENT AND PROTECTS YOUR HEART.** A study published in the *American Journal of Epidemiology* showed that Americans who regularly skip breakfast are 4.5 times more likely

## SOME QUICK AND EASY BREAKFAST IDEAS

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A simple breakfast goes a long way. For example, cottage cheese mixed with fruit or peanut butter on an English muffin and a glass of low-fat milk is not fancy, but is easy to prepare. It will effectively fuel your body and brain to help get you through a busy day. A balanced breakfast should include a mix of:

- Protein (yogurt, milk, cottage cheese, eggs)
- Carbohydrates (oatmeal, toast, cereal) with fiber
- A serving of fruit or vegetables
- Fat (that will be included in your food choices)



*Above (starting from top left): Yogurt, milk, cottage cheese, eggs, oatmeal, toast, cereal (such as Cheerios), fruits, and vegetables.*

Eating  
breakfast can  
lower your  
cholesterol!







## BREAKFAST IDEAS FOR KIDS OF ALL AGES

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### 1) HEALTHY CEREAL OPTION

Consumer Reports agrees that Cheerios™ is one of the best cereals for kids and people of all ages. Low in sugar and high in whole-grain oats, it's a win-win. It also contains 40% of the daily value of iron, which is important for growing children (especially toddlers). Its nutty taste makes it a favorite with milk (low-fat and almond are both good choices). Add the cereal to homemade trail mix, or on its own as a mid-day snack.

### 2) EASY BREAKFAST PARFAIT

This quick and easy breakfast with just five ingredients is a healthy on-the-go breakfast. In a real rush to get the kids out the door? Just prepare in a paper cup, grab a plastic spoon, and the kids can eat in the car.

#### Ingredients

- 1/3 cup apricot preserves
- 3 cups sliced strawberries
- 2 cups low-fat vanilla yogurt
- 1/2 cup low-fat granola without raisins
- 2 tablespoons slivered almonds, toasted

#### Preparation

Place apricot preserves in a microwave-safe bowl and microwave at high for 10-15 seconds or until preserves melt. Add strawberries and toss gently to coat. Spoon 1/4 cup yogurt into each of four parfait glasses; top each serving with 1/3 cup strawberry mixture. Repeat the layers with the remaining yogurt and strawberry mixture. Top each serving with two tablespoons of granola and 1 1/2 teaspoons of almonds. Serve immediately. Only 279 calories, 4.2 grams of fat (14% of calories from fat), 8.7 grams of protein and 3.9 grams of fiber.

# CLASSES

*Health and wellness classes are open to all Regal Medical Group, Lakeside Community Healthcare, and ADOC Medical Group members*



## ***Annual 50+ Club Health and Safety Fair***

Join us for fun, education, and interactive activities that will leave you with a renewed sense of spirit and positive energy! Free health screenings, raffles, and many exciting prizes are available.

See [page 20](#) for details.



## **Annual Senior Saturday Community Festival**

This year marks the 28th Annual Senior Saturday Community Festival. Held at the Huntington Beach Pier, this festival will offer valuable information specifically geared to Baby Boomers and older adults.

See [page 22](#) for details.

## **Arthritis Foundation: Walk n' Talk**

The Arthritis Foundation's six-week Walk n' Talk program can teach you how to safely make physical activity part of your daily life. Walk n' Talk has proven to reduce the pain and discomfort of arthritis, increase balance, strength and walking pace, build confidence, and improve your overall health.

See [page 23](#) for details.

## **Bingo!**

Enjoy an afternoon of fun and excitement. Prizes will be given out to lucky bingo winners.

See [page 20](#) for details.



## **City of Covina Summer Evening Entertainment Series**

Regal Medical Group and Lakeside Community Healthcare are proud sponsors of the City of Covina Summer Evening Entertainment Series. Over a six-week period beginning the first Monday in July following Independence Day, the park will offer live concerts, children's activities, movies, and free bingo for seniors on Thursdays. Contact the city for a full schedule of summer activities for the whole family!

See [page 20](#) for details.

## Eastside Senior Fitness Health Fair

Learn about your health and have fun while doing it! Enjoy fun and interactive activities, free health screenings, and so much more. Raffles and many other prizes will also be available.

See [page 24](#) for details.



## Hawaiian Luau Dance

Regal Medical Group and Lakeside Community Healthcare are proud sponsors of the Irwindale Senior Center Hawaiian luau dance. Come visit our booth from noon to 3:00 p.m., when you can get your questions answered and receive valuable information.

See [page 22](#) for details.

## Health and Wellness Expo

Robert M. Wilkinson Senior Center, a program of the Valley Interfaith Council, is having a health and wellness expo. Join us! There will be speakers discussing Medicare, real estate, and discounts you can get from the Department of Water and Power.

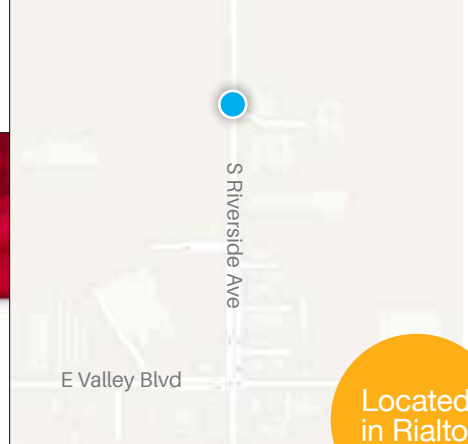
See [page 23](#) for details.



## Mexican Independence Day Dance

Regal Medical Group and Lakeside Community Healthcare are proud sponsors of the Irwindale Senior Center Mexican Independence Day dance. Come visit our table from noon to 3:00 p.m. Enjoy the fun, dance and celebrate this historical day!

See [page 22](#) for details.



## SENIOR HEALTH AND WELLNESS EXPO

Come one, come all! Join us for fun, education, and interactive activities that will leave you with a renewed sense of spirit and positive energy! Free health screenings, raffles, and many exciting prizes will be available.

See [page 24](#) for details.

### **Simi Valley 50+ Community Games**

Simi Valley Recreation and Park District invites you to participate in this year's 11th annual 50+ community games that run for 30 days. Some of many games you can participate in are horseshoes, poker, 8-ball pool, bingo, bowling, golf, ping pong, and much more. Please call 805-583-6059 to receive your participation application. Come by our booth from 7:00 – 9:00 p.m. to meet us, ask questions about Medicare and our doctors' offices, and enter our raffle.

See [page 25](#) for details.

### **Summer Night Lights**

The Summer Night Lights program is a public and private partnership undertaken by the City of Los Angeles Mayor's Office of Gang Reduction & Youth Development ("GRYD") and The GRYD Foundation. The Summer Night Lights program promotes peace and positive activities by offering a variety of sports, arts and recreational activities, resource fairs, health screenings, workshops, jobs, and connections to resources that residents can use year round.

See [page 22](#) for details.

### **Temecula Family Health Fair**

A variety of free health screenings, over 40 community organizations, rock wall, face painting and much more!

See [page 25](#) for details.

### **Walk2Win**

Walk2Win is designed to make you a winner. The goal-oriented program will offer guidance and motivation. Walkers of all levels are welcome! Water will be provided. There will be a light stretch before our walk.

See [page 25](#) for details.



### **Be Fit While You Sit**

A certified Arthritis Foundation instructor will teach you how to improve your stretching, balance, and breathing while being seated.

See [page 23](#) for details.

### ***Bollywood Dance***

Bollywood dance class features easy-to-follow cardio, strength-building fitness routines which are perfectly choreographed to the latest high energy, fun, Bollywood-inspired music. You can be a Bollywood star as you're working out your entire body. This class is taught by experienced dance instructors with healthcare backgrounds. All levels welcome! No previous experience necessary.

See [pages 18-20, 24](#) for details.





## Exercise Through Dance

Dance your socks off!

You will learn a new dance each month. The dance pace varies, which is a great way to incorporate exercise that improves your balance and is good for your heart.

See [page 23](#) for details.

## Fitness and Yoga

Exercise is fun and a great way to make new friends! The class includes stretching, low-impact aerobic exercise, light weight lifting, and yoga. All exercises are done at your own fitness level. Yoga supports stress relief, pain relief, flexibility, and increased circulation. Beginners and all others are encouraged to attend.

See [page 25](#) for details.



## INTERNATIONAL FOLK DANCING

Learn a new cultural dance each month – exercises that are great for your mind, body, and spirit!

See [page 23](#) for details.

## Low Impact Tap/Jazz

This dance class focuses on learning choreographed routines with modified tap/jazz dance steps.

See [page 23](#) for details.



## Matter of Balance

Many older adults experience fear of falling and restrict their activities. This course highlights practical strategies to reduce this fear and increase activity levels. Participants learn to view falls and fear of falling as controllable, set realistic goals to increase activity, alter their environment to reduce risks of falling, and exercise to increase strength and balance.

See [page 23](#) for details.

## Param Yoga

This yoga class combines breathing techniques, physical postures, and relaxation that promote wellness in all areas. Taught by Marydale, founder and director of Param Yoga Healing Arts Center, each student is seen as an individual. This program is tailored to each student's specific needs.

See [page 20](#) for details.



### POLYNESIAN DANCE

Enjoy the very best in authentic Hawaiian, Tahitian, and Polynesian music and dance. Learn the dances, movements, works, and music of Polynesia with pulse-pounding excitement.

See [page 24](#) for details.



### *Strength Training and Balance*

This class focuses on strengthening and toning the entire body and starts with a 5-10 minute introduction about the benefits of exercising. An exercise warm up occurs followed by resistance training activities using bands, balls, and body weight. Balance activities and a cool down stretch follow. The class ends with a 5-10 minute period of questions and answers.

See [page 18, 19, 21, 22, 26, 27](#)

### Rhythm and Moves

With similar moves to Zumba Gold, have fun and move to the music through a variety of dance steps designed to increase muscular strength and range of movement – adding a little of cardio to daily living.

See [page 20](#) for details.

### *Tai Chi*

Tai Chi has developed a huge following among people for its benefits to health and health maintenance. Medical studies support its effectiveness as an alternative exercise and form of martial arts therapy. Please note that this class requires you to be in a standing position.

See [page 21, 22, 26, 27](#)



### Water Aerobics

Water aerobics focuses on circulation, strengthening muscle, increasing flexibility, range of motion, and endurance. Please bring your swimsuit, water shoes, towels, etc., along with additional clothing to change into after class. Each participant is required to sign a waiver prior to the start of class.

See [page 18](#) for details.

### ZUMBA GOLD

Best way to sweat!

Have fun and move to the music through a variety of dance steps designed to increase your muscular strength and range of movement. Remember to wear comfortable clothes and shoes with sturdy support. Also, make sure your class shoes are not worn outside to prevent any unnecessary studio floor damage.

See [page 18, 25](#) for details.



## Health Education

### ABC's of Diabetes: Know Your Numbers

Do you have pre-diabetes or diabetes? If so, monitoring your blood cholesterol, blood pressure, blood sugar, and weight are crucial in improving the quality of your health. Learn more about how to track and control your numbers and improve your health.

See [page 23, 25](#) for details.

### Blood Pressure Check

Be sure to get your monthly check!

See [page 23](#) for details.

### Childhood Obesity Awareness Health Talk

One of every three children in the United States is overweight or obese. Childhood obesity puts children at risk for health problems that were once seen only in adults, such as type 2 diabetes, high blood pressure, and heart disease. Please join us

to learn the ways you can help prevent obesity in the young people in your lives. This class will be presented in Spanish by Glendale internist, Amalia Armenta, M.D., who is a Regal Medical Group and Lakeside Community Healthcare doctor.

See [page 22](#) for details.



### Cholesterol Management

High cholesterol is a serious health problem that can be controlled with diet, exercise, and medication when needed. Learn how cholesterol affects your health and how to manage it effectively.

See [page 27](#) for details.

### Chronic Disease Management Support Group

This is a monthly support group class that is an open discussion forum for everyone living with or taking care of someone with any types of chronic disease. We will discuss complications of chronic diseases, exercise, nutrition, managing medications and stress.

See [page 20](#) for details.

There's  
so much  
to learn!



## *Bump to Baby*

### Class 1: You and Your Pregnancy

You're pregnant! It's an exciting time. During this first session, you will be part of a supportive group and learn all of the pregnancy basics, like the stages of pregnancy, nutrition, and how to cope with stress. You'll come away with a new knowledge about pregnancy and what is happening to your body.

### Class 2: Baby Basics

Diapering, swaddling, bathing. So many basics to learn – and we make it fun! During this session, you'll be guided through all of the steps that will help keep your baby happy and content.

### Class 3: Postnatal Care

Your needs and feelings are important – especially after childbirth. During this session, you'll understand what is happening to your body after giving birth and learn how to take care of yourself.

### Class 4: Celebrating You

It's time to celebrate everything about you! A certificate of completion and a **\$100 gift card\*** will be given to those who have participated in the program.

See [pages 18, 19, 21, 25-27](#)

\* **Bump to Baby:** Gift card awards apply to Regal, Lakeside, and ADOC members only.

### Diabetes Class Series

In this four-part series, you will learn how to successfully manage your diabetes. Topics covered are healthy diet and exercise, medications, stress, complications of diabetes, and traveling with diabetes.

See [pages 19, 21-24, 26, 27](#)

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### Eye Health

Our eyes are designed to handle bright lights and vivid colors. However, we can unknowingly do damage to them. Some illnesses also contribute to vision problems. Learn how care for your eyes and keep them as healthy as possible.

See [page 25, 26](#) for details.

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### Health Coaching

This is a personalized 30-minute session to help you make practical decisions about your health, fitness, and/or safety. The goal of the coach is to observe, guide, motivate, and evaluate.

See [page 20, 21, 25](#) for details.

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### Healthy Heart

According to the National Institute of Health (NIH), heart disease is the leading cause of death among men and women.

However, heart disease can often be prevented. Learn the guidelines that will keep you and your heart happy and healthy.

See [page 18, 19, 21, 22](#)

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### High Blood Pressure and Your Health

High blood pressure is a major risk factor leading to heart disease and strokes. Understand the causes of the condition; learn important lifestyle changes you can make to lower your blood pressure and keep it down. This includes what high-sodium foods to avoid and which foods are better low-sodium choices.

See [pages 21-23, 25, 27](#)

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### Knee, Hip, and Shoulder Injury Prevention (KHS)

Knee, hip, and shoulder injuries are not just problems professional athletes encounter – they are also a major concern for amateur jocks. Anatomy, exercises, and injury prevention for all three areas will be reviewed.

See [page 27](#) for details.

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### Life Care Planning

This open forum discussion includes information about

communication, care, and treatment wishes throughout the course of life. A durable power of attorney for healthcare documents (and help to complete them) will be provided.

See [page 19](#) for details.

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### Long Live the Liver

The liver is the second largest organ in the body and essential for digestion, metabolism, fighting diseases, and storing nutrients. This class will look into the numerous duties of this vital organ. The following topics will also be discussed:

- Anatomy and physiology
- Signs/symptoms of liver disease
- Factors that cause liver problems
- Care and prevention

See [page 26](#) for details.

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### *UCLA Memory*

This course is for people with age-related memory concerns and focuses on teaching new skills in a low-stress, fun environment. Participants learn in small groups through a combination of presentations with group discussions, memory quizzes, and skill-building exercises.

See [page 23](#) for details.

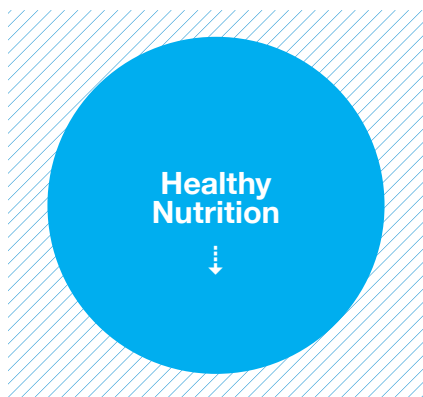
Liver learning!



## Understanding Breastfeeding

Find answers to questions, share concerns, and celebrate successes. Common topics of discussion are normal newborn behavior, achieving a successful latch, different breastfeeding positions, physiology of breast milk production, nutrition concerns, and continuing to breastfeed after returning to work. This additional class does not apply toward the gift card received after taking all four classes of Bump to Baby.

See [page 18, 25, 27](#) for details.



## FATS: THE GOOD, THE BAD & THE UGLY

Come learn in this informative class about fats and how much your body should have.

See [page 23, 25](#) for details.

## Healthy Cooking Class

If you love to cook, eat, or both, you'll love this class. Learn how to cook healthy meals and snacks using a variety of fruits, vegetables, and other good-for-you ingredients. Learn new ways to prepare healthy recipes that are quick and simple. Recipes will be distributed so that participants can practice healthy cooking at home.

See [page 19, 25, 26](#) for details.

## Healthy Cooking For Your Eyes

Maintaining good eyesight becomes more critical as we age. Learn what foods may help to prevent cataracts, macular degeneration, and other eye problems. Enjoy a delicious salad made with ingredients proven to help maintain good vision and keep your eyes healthy.

See [page 24](#) for details.

## Mindful Eating

How often do you think about what we are eating? Learn the very powerful lesson of mindful eating. We will teach you how to change unhealthy eating habits, become more aware of what you are eating, and understand the effects it has on your health.

See [page 26](#) for details.

## Nutrition and Cholesterol

Elevated cholesterol levels can lead to many other health problems. One of the best ways to combat high cholesterol is through healthy nutrition. Learn what foods help lower cholesterol and participate in making delicious recipes.

See [page 18, 19, 24](#) for details.

## Nutrition and Weight Loss

Learn simple and easy strategies for how to eat right, enjoy your food, lose weight, and keep it off for good!

See [page 27](#) for details.

## Supermarket Savvy

Join our health educator for a group tour of a local market. You will learn how to read food labels and make healthy and affordable food choices.

See [pages 19, 21-23, 26, 27](#)

## Weight Management

Tired of trying one diet after another in an effort to shed those extra pounds? Learn how to lose weight and keep it off – for good!

See [page 18, 19, 21, 22](#)

Food for thought

# DETAILS

*A full and complete listing of classes and events by location and date*

## Anaheim

### Every Tuesday and Thursday

11:00am-12:00pm

#### Water Aerobics

Walnut Village Aquatic Center  
1401 W. Ball Rd.  
Anaheim 92802

*(Street parking available on Tuesday only; otherwise, there is church parking on Walnut St.)*

## Arcadia

### August 3, 10, 17, 24 and 31

Wednesdays, 8:30am-9:30am

#### Strength Training and Balance

Regal Medical Group  
117 East Live Oak Ave.  
Arcadia 91006

### September 7, 14, 21 and 28

Wednesdays, 8:30am-9:30am

#### Strength Training and Balance

Regal Medical Group  
117 East Live Oak Ave.  
Arcadia 91006

## Burbank

### Every Friday

9:00am-10:00am

#### Zumba Gold

Exceleration Studios  
443 Irving Drive  
Burbank 91504

### August 2, 9, 16, 23 and 30

Tuesdays, 11:00am-12:00pm

#### Bollywood Dance

Media City Dance Studio  
237 E. Palm Ave.  
Burbank 91502

### August 4, 11, 18 and 25

Thursdays, 1:00pm-2:00pm

#### Strength Training and Balance

Joslyn Adult Center  
1301 West Olive Ave.  
Burbank 91506

### August 10 and 17

Wednesdays, 12:00pm-12:45pm

#### Weight Management

Lakeside Community Healthcare  
191 S. Buena Vista Ave., Suite 215  
Burbank 91505

### August 10 and 17

Wednesdays, 1:00pm-1:50pm

#### Nutrition for Cholesterol

Lakeside Community Healthcare  
191 S. Buena Vista Ave, Suite 215  
Burbank 91505 *(GI office)*

### August 18

Thursday, 6:00pm-8:00pm

#### Understanding Breastfeeding

Lakeside Community Healthcare  
191 S. Buena Vista Ave., Suite 400  
Burbank 91505  
*(Free parking validation)*

### August 11 and 25

Thursdays, 1:00pm-1:50pm

#### Healthy Heart

Lakeside Community Healthcare  
191 S. Buena Vista Ave., Suite 400  
Burbank 91505 *(Cardiology office)*

### August 23

Tuesday, 5:00pm – 7:00pm

#### Bump to Baby Class 1: You and Your Pregnancy

Lakeside Community Healthcare  
191 S. Buena Vista Ave., Suite 400  
Burbank 91505  
*(Free parking validation)*

### August 30

Tuesday, 5:00pm-7:00pm

#### **Bump to Baby Class 2: (Baby Basics)**

Lakeside Community Healthcare  
191 S. Buena Vista Ave., Suite 400  
Burbank 91505  
(Free parking validation)

### August 12

Friday, 9:30am-10:30am

#### **Healthy Cooking Class**

Joslyn Adult Center (auditorium)  
1301 W. Olive Ave.  
Burbank 91506

### August 23

Tuesday, 11:00am-12:00pm

#### **Diabetes Class 1: Overview and Healthy Eating**

Lakeside Community Healthcare  
191 S. Buena Vista Ave., Suite 250  
Burbank 91505

### August 30

Tuesday, 11:00am-12:00pm

#### **Diabetes Class 2: Managing Your Meds**

Lakeside Community Healthcare  
191 S. Buena Vista Ave., Suite 250  
Burbank 91505

### August 30

Tuesday, 9:30am-10:30am

#### **Life Care Planning**

Lakeside Community Healthcare  
191 S. Buena Vista Ave.  
Burbank 91505  
(Urgent care, first floor)

### September 1 and 15

Thursdays, 1:00pm-1:50pm

#### **Healthy Heart**

Lakeside Community Healthcare  
191 S. Buena Vista, Suite 400  
Burbank 91505  
(Cardiology office)

### September 1, 8, 15, 22 and 29

Thursdays, 1:00pm-2:00pm

#### **Strength Training and Balance**

Joslyn Adult Center  
1301 West Olive Ave.  
Burbank 91506

### September 6

Tuesday, 11:00am-12:00pm

#### **Diabetes Class 3: Healthy Coping and Problem Solving**

Lakeside Community Healthcare  
191 S. Buena Vista Ave., Suite 250  
Burbank 91505

### September 6

Tuesdays, 5:00pm-7:00pm

#### **Bump to Baby Class 3: Postnatal Care**

Lakeside Community Healthcare  
191 S. Buena Vista Ave., Suite 400  
Burbank 91505  
(Free parking validation)

### September 6, 13, 20 and 27

Tuesdays, 11:00am-12:00pm

#### **Bollywood Dance**

Media City Dance Studio  
237 E. Palm Ave.  
Burbank 91502

### September 7, 14 and 21

Wednesdays, 12:00pm-12:50pm

#### **Weight Management**

Lakeside Community Healthcare  
191 S. Buena Vista Ave., Suite 215  
Burbank 91505

### September 13

Tuesday, 5:00pm-7:00pm

#### **Bump to Baby Class 4: Celebrating You**

Lakeside Community Healthcare  
191 S. Buena Vista Ave., Suite 400  
Burbank 91505  
(Free parking validation)

### September 7, 14 and 21

Wednesdays, 1:00pm-1:50pm

#### **Nutrition for Cholesterol**

Lakeside Community Healthcare  
191 S. Buena Vista Ave., Suite 215  
Burbank 91505 (GI office)

### September 9

Friday, 9:30am-10:30am

#### **Healthy Cooking Class**

Joslyn Adult Center (auditorium)  
1301 W. Olive Ave.  
Burbank 91506

### September 13

Tuesday, 11:00am-12:00pm

#### **Supermarket Savvy**

Ralphs Grocery Store  
1100 N. San Fernando Rd.  
Burbank 91504

### September 27

Tuesday, 9:30am-10:30am

#### **Life Care Planning**

Lakeside Community Healthcare  
191 S. Buena Vista Ave.  
Burbank 91505  
(Urgent care lobby, first floor)

## Locations and Dates *(Continued)*

### Chatsworth

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#### Every Monday

11:30am-12:30pm

#### Param Yoga

21750 Devonshire St.  
Chatsworth 91311

#### Every Wednesday

11:30am-12:30pm

#### Param Yoga

21750 Devonshire St.  
Chatsworth 91311

#### Every Friday

11:30am-12:30pm

#### Param Yoga

21750 Devonshire St.  
Chatsworth 91311

#### Every Saturday

10:30am-11:30am

#### Param Yoga

21750 Devonshire St.  
Chatsworth 91311

#### August 5, 12, 19, and 26

Fridays, 10:00am-11:00am

#### Rhythm and Moves

California Dance Academy  
9741 Independence Ave.  
Chatsworth 91311

#### September 2, 9, 16, 23 and 30

Fridays, 10:00am-11:00am

#### Rhythm and Moves

California Dance Academy  
9741 Independence Ave.  
Chatsworth 91311

#### August 5, 12, 19, 26

Fridays, 11:00am – 12:00pm

#### Bollywood Dance

9741 Independence Ave.  
Chatsworth 91311

#### September 2, 9, 16, 23, 30

Fridays, 11:00am – 12:00pm

#### Bollywood Dance

9741 Independence Ave.  
Chatsworth 91311

### Colton

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#### September 28

Wednesday, 9:00am-12:00pm

#### 50+ Club Health and Safety Fair

Gonzales Community Center  
670 Colton Ave.  
Colton 92324

### Corona

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#### August 10

Wednesday, 10:30am-12:30pm

#### Bingo!

Corona Senior Center  
921 South Belle Ave.  
Corona 92882

### Covina

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#### August 2

Tuesday, 6:30pm

#### City of Covina Summer Evening Entertainment Series

Charles King Memorial Bandshell  
Covina Park  
301 N. Fourth Ave.  
Covina 91723  
*(Between Badillo and San Bernardino Rd.)*

#### August 4

Thursday, 7:30pm

#### City of Covina Summer Evening Entertainment Series

Charles King Memorial Bandshell  
Covina Park  
301 N. Fourth Ave.  
Covina 91723  
*(Between Badillo and San Bernardino Rd.)*

### Garden Grove

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#### August 3

Wednesday, 12:00pm-2:00pm

#### Chronic Disease Management Support Group

Vietnamese Association  
14351 Euclid St., Suite 1R  
Garden Grove 92843

#### September 7

Wednesday, 12:00pm-2:00pm

#### Chronic Disease Management Support Group

Vietnamese Association  
14351 Euclid St., Suite 1R  
Garden Grove 92843

### Glendale

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#### August 2, 9, 16, 23 and 30

Tuesdays, 10:00am-12:00pm

#### Health Coaching

Lakeside Community Healthcare  
1500 S. Central Ave., Suite 200A  
Glendale 91204  
*(Free parking validation)*

**August 3, 10, 17, 24 and 31**

Wednesdays, 10:00am-12:00pm

**Health Coaching**

Lakeside Community Healthcare  
1500 S. Central Ave., Suite 200A  
Glendale 91204  
*(Free parking validation)*

**August 8**

Monday, 5:00pm-7:00pm

**Bump to Baby Class 1:  
You and Your Pregnancy**

Lakeside Community Healthcare  
222 S. Eulalia Ave.  
Glendale 91204

**August 3, 10, 17, 24 and 31**

Wednesdays, 12:00pm-1:00pm

**Strength Training and Balance**

Glendale Memorial Hospital  
222 South Eulalia St.  
Glendale 91204  
*(Free parking validation. Class location at  
medical pavilion)*

**August 15**

Monday, 5:00pm-7:00pm

**Bump to Baby Class 2:  
Baby Basics**

Lakeside Community Healthcare  
222 S. Eulalia Ave.  
Glendale 91204

**August 3, 10, 17, 24 and 31**

Wednesdays, 2:00pm-3:00pm

**Tai Chi**

Glendale Memorial Hospital  
222 South Eulalia St.  
Glendale 91204  
*(Free parking validation. Class location  
at medical pavilion)*

**August 8**

Monday, 9:00am-10:00am

**Diabetes Class 1:  
Overview and Healthy Eating**

Lakeside Community Healthcare  
1500 S. Central Ave., Suite 200A  
Glendale 91204  
*(Free parking validation)*

**August 8**

Monday, 10:00am-11:00am

**Healthy Heart**

Lakeside Community Healthcare  
1500 S. Central Ave., Suite 200A  
Glendale 91204  
Specialty office  
*(Free parking validation)*

**August 9 and 23**

Tuesdays, 12:00pm-1:30pm

**High Blood Pressure  
and Your Health**

Lakeside Community Healthcare  
1500 S. Central Ave., Suite 200A  
Glendale 91204

**August 15 and 29**

Monday, 10:00am-11:00am

**Weight Management**

Lakeside Community Healthcare  
1500 S. Central Ave., Suite 200A  
Glendale 91204  
*(Free parking validation)*

**August 17**

Wednesday, 10:00am-11:00am

**Diabetes Class 2:  
Managing Your Meds**

Lakeside Community Healthcare  
1500 S. Central Ave., Suite 200A  
Glendale 91204  
*(Free parking validation)*

**August 22**

Monday, 9:00am-10:00am

**Diabetes Class 3: Healthy Coping  
and Problem Solving**

Lakeside Community Healthcare  
1500 S. Central Ave., Suite 200A  
Glendale 91204  
*(Free parking validation)*

**August 22**

Monday, 5:00pm-7:00pm

**Bump to Baby Class 3:  
Postnatal Care**

Lakeside Community Healthcare  
222 S. Eulalia Ave.  
Glendale 91204

**August 29**

Monday, 5:00pm-7:00pm

**Bump to Baby Class 4:  
Celebrating You**

Lakeside Community Healthcare  
222 S. Eulalia Ave.  
Glendale 91204

**August 30**

Tuesday, 12:00pm-1:00pm

**Supermarket Savvy**

Vons Grocery Store  
311 W. Los Feliz Rd.  
Glendale 91204

**September 6, 13, 20 and 27**

Tuesdays, 10:00am-12:00pm

**Health Coaching**

Lakeside Community Healthcare  
1500 S. Central Ave., Suite 200A  
Glendale 91204  
*(Free parking validation)*

## Locations and Dates *(Continued)*

### September 7, 14, 21 and 28

Wednesdays, 12:00pm-1:00pm

#### **Strength Training and Balance**

Glendale Memorial Hospital  
222 South Eulalia St.  
Glendale 91204

*(Free parking validation. Class location at medical pavilion)*

### September 7, 14, 21 and 28

Wednesdays, 2:00pm-3:00pm

#### **Tai Chi**

Glendale Memorial Hospital  
222 South Eulalia St.  
Glendale 91204

*(Free parking validation. Class location at medical pavilion)*

### September 6

Tuesday, 9:00am-10:00am

#### **Diabetes Class 1: Overview and Healthy Eating**

Lakeside Community Healthcare  
1500 S. Central Ave., Suite 200A  
Glendale 91204

*(Free parking validation)*

### September 6 and 20

Tuesday, 12:00pm-1:30pm

#### **High Blood Pressure and Your Health**

Lakeside Community Healthcare  
1500 S. Central Ave., Suite 200A  
Glendale 91204

*(Free parking validation)*

### September 12 and 26

Monday, 10:00am-11:00am

#### **Weight Management**

Lakeside Community Healthcare  
1500 S. Central Ave., Suite 200A  
Glendale 91204

*(Free parking validation)*

### September 14

Wednesday, 10:00am-11:00am

#### **Diabetes Class 2: Managing Your Meds**

Lakeside Community Healthcare  
1500 S. Central Ave., Suite 200A  
Glendale 91204

*(Free parking validation)*

### September 19

Monday, 10:00am-11:00am

#### **Healthy Heart**

Lakeside Community Healthcare  
1500 S. Central Ave., Suite 200A  
Glendale 91204

Specialty office

*(Free parking validation)*

### September 20

Tuesday, 9:00am-10:00am

#### **Diabetes Class 3: Healthy Coping and Problem Solving**

Lakeside Community Healthcare  
1500 S. Central Ave., Suite 200A  
Glendale 91204

*(Free parking validation)*

### September 27

Tuesday, 12:00pm-1:00pm

#### **Supermarket Savvy**

Vons Grocery Store  
311 W. Los Feliz Rd.  
Glendale 91204

## Huntington Beach

### September 10

Saturday, 9:00am - 2:00pm

#### **Annual Senior Saturday Community Festival**

Huntington Beach Pier  
Pacific Coast Highway and Main St.  
Huntington Beach 92648

## Irwindale

### August 26

Friday, 12:00pm-3:00pm

#### **Hawaiian Luau Dance**

Irwindale Senior Center  
16116 Arrow Highway  
Irwindale 91706

### September 16

Friday, 12:00pm-3:00pm

#### **Mexican Independence Day Dance**

Irwindale Senior Center  
16116 Arrow Highway  
Irwindale 91706

## Los Angeles

### August 12

Friday, 7:00pm-11:00pm

#### **Summer Night Lights**

Costello Recreation Center  
3141 E. Olympic Blvd.  
Los Angeles 90023

### August 26

Friday, 7:00pm-11:00pm

#### **Summer Night Lights**

Costello Recreation Center  
3141 E. Olympic Blvd.  
Los Angeles 90023

*(Free parking)*

### September 8

Thursday, 10:00am-11:00am

#### **Childhood Obesity Awareness Health Talk**

East Los Angeles  
Community Service Center  
133 N. Sunol Drive  
Los Angeles 90063

## Mission Hills

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### August 10

Wednesday, 2:00pm-3:00pm

#### **Diabetes Class 1: Overview and Healthy Eating**

14901 Rinaldi St., Suite 201A  
Mission Hills 91345

### August 10

Wednesday, 3:00pm-4:00pm

#### **Diabetes Class 2: Managing Your Meds**

14901 Rinaldi St., Suite 201A  
Mission Hills 91345

### August 17

Wednesday, 2:00pm-3:00pm

#### **Diabetes Class 3: Healthy Coping and Problem Solving**

14901 Rinaldi St., Suite 201A  
Mission Hills 91345

### September 14

Wednesdays, 2:00pm-4:00pm

#### **ABC's of Diabetes**

14901 Rinaldi St., Suite 201A  
Mission Hills 91345

### September 21

Wednesday, 2:30pm-3:30pm

#### **High Blood Pressure and Your Health**

14901 Rinaldi St., Suite 201A  
Mission Hills, 91345

### September 28

Wednesday, 2:30pm-3:30pm

#### **Fats: The Good, the Bad, and the Ugly**

14901 Rinaldi St., Suite 201A  
Mission Hills 91345

## Northridge

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### August 24

Wednesday, 2:30pm-3:30pm

#### **Supermarket Savvy**

Ralphs Grocery Store  
19781 Rinaldi St.  
Northridge 91326

### August 25

Thursday, 11:30am-1:00pm

#### **Blood Pressure Check**

Wilkinson Senior Center  
8956 Vanalden Ave  
Northridge 91324

### September 22

Thursday, 11:30am-1:00pm

#### **Blood Pressure Check**

Wilkinson Senior Center  
8956 Vanalden Ave  
Northridge 91324

### September 24

Saturday, 9:00am-2:00pm

#### **Health and Wellness Expo**

Wilkinson Senior Center  
8956 Vanalden Ave  
Northridge 91324

## Reseda

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### Every Monday

1:30pm-2:30pm

#### **Arthritis Foundation: Walk n' Talk**

ONEgeneration  
18255 Victory Blvd  
Reseda 91335

### Every Thursday

9:00am-10:00am

#### **Low Impact Tap/Jazz**

ONEgeneration  
18255 Victory Blvd  
Reseda 91335

### Every Tuesday and Friday

9:30am-11:30am

#### **Exercise Through Dance**

ONEgeneration  
18255 Victory Blvd  
Reseda 91335

### Every Thursday

3:15pm-4:15pm

#### **International Folk Dancing**

ONEgeneration  
18255 Victory Blvd  
Reseda 91335

### Every Wednesday

1:30pm-3:00pm

#### **Matter of Balance**

ONEgeneration  
18255 Victory Blvd  
Reseda 91335

### Every Wednesday

1:30pm-3:00pm

#### **UCLA Memory**

ONEgeneration  
18255 Victory Blvd  
Reseda 91335

### Every Tuesday and Friday

1:00pm-2:00pm

#### **Be Fit While You Sit**

ONEgeneration  
18255 Victory Blvd  
Reseda 91335

## Locations and Dates *(Continued)*

### August 22

Monday, 10:00am-11:30am

#### Healthy Cooking For Your Eyes

ONEgeneration  
18255 Victory Blvd  
Reseda 91335

### September 26

Monday, 10:00am-11:30am

#### Nutrition and Cholesterol

ONEgeneration  
18255 Victory Blvd  
Reseda 91335

## Rialto

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### September 7

Wednesday, 10:00am-2:00pm

#### Senior Health and Wellness Expo

Rialto Senior Center  
1411 S. Riverside Ave.  
Rialto 92376

## Riverside

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### August 3, 10, 17, 24 and 31

Wednesdays, 10:00am-11:00am

#### Polynesian Dance

Norton Younglove Community Center  
459 Center St.  
Riverside 92507

### August 23

Wednesday, 10:00am-2:00pm

#### Eastside Senior Fitness Health Fair

2008 Martin Luther King Blvd.  
Riverside 92507

### September 7, 14, 21 and 28

Wednesdays, 10:00am-11:00am

#### Polynesian Dance

Norton Younglove Community Center  
459 Center St.  
Riverside 92507

## Santa Ana

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### August 26

Friday, 10:00am-1:30pm (daytime matinee)

#### Movie Matinee (with cooking demonstration)

Latino Health Access  
450 West 4th St.  
Santa Ana 92701

*(Free parking. Entrance at corner of Ross and 3rd. Movie and demonstration will be provided in Spanish.)*

## Santa Clarita

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### August 2, 9, 16, 23 and 30

Tuesday, 9:30am-10:30am

### September 6, 13, 20, and 27

Tuesday, 9:30am-10:30am

#### Bollywood Dance

Santa Clarita United Methodist Church  
26640 Bouquet Canyon Rd.  
Santa Clarita 91350

### August 8

Mondays, 6:00pm-8:00pm

#### Bump to Baby Class 1: You and Your Pregnancy

Lakeside Community Healthcare  
24355 Lyons Ave., Suite 210  
Santa Clarita 91321

### August 15

Mondays, 6:00pm-8:00pm

#### Bump to Baby Class 2: Baby Basics

Lakeside Community Healthcare  
24355 Lyons Ave., Suite 210  
Santa Clarita 91321

### August 22

Mondays, 6:00pm-8:00pm

#### Bump to Baby Class 3: Postnatal Care

Lakeside Community Healthcare  
24355 Lyons Ave., Suite 210  
Santa Clarita 91321

### August 29

Mondays, 6:00pm-8:00pm

#### Bump to Baby Class 4: Celebrating You

Lakeside Community Healthcare  
24355 Lyons Ave., Suite 210  
Santa Clarita 91321

### August 11

Thursday, 9:30am-10:30am

#### Diabetes Class 1: Overview and Healthy Eating

24355 Lyons Ave., Suite 210  
Santa Clarita 91321

### August 11

Thursday, 10:30am-11:30am

#### Diabetes Class 2: Managing Your Meds

24355 Lyons Ave., Suite 210  
Santa Clarita 91321

### August 18

Thursday, 9:30am-11:30am

#### Diabetes Class 3: Healthy Coping and Problem Solving

24355 Lyons Ave., Suite 210  
Santa Clarita 91321



## September 15

Thursday, 9:00am-11:00am

### ABC's of Diabetes

24355 Lyons Ave., Suite 210  
Santa Clarita 91321

## September 22

Thursday, 9:00am-10:00am

### High Blood Pressure and Your Health

24355 Lyons Ave., Suite 210  
Santa Clarita 91321

## September 29

Thursday, 9:30am-10:30am

### Fats: The Good, the Bad, and the Ugly

24355 Lyons Ave., Suite 210  
Santa Clarita 91321

## Simi Valley

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### Every Wednesday

9:00am-10:30am

### Fitness and Yoga

Boys & Girls Club of Simi Valley  
2850 Lemon Drive  
Simi Valley 93065

## August 5

Friday, 10:00am-11:30am

### Eye Health

Lakeside Community Healthcare  
3605 Alamo St.  
Simi Valley 93065

## August 8

Mondays, 6:00pm-8:00pm

### Bump to Baby Class 1: You and Your Pregnancy

Lakeside Community Healthcare  
3605 Alamo St., Suite 100  
Simi Valley 93065

## August 15

Mondays, 6:00pm-8:00pm

### Bump to Baby Class 2: Baby Basics

Lakeside Community Healthcare  
3605 Alamo St., Suite 100  
Simi Valley 93065

## August 22

Mondays, 6:00pm-8:00pm

### Bump to Baby Class 3: Postnatal Care

Lakeside Community Healthcare  
3605 Alamo St., Suite 100  
Simi Valley 93065

## August 29

Mondays, 6:00pm-8:00pm

### Bump to Baby Class 4: Celebrating You

Lakeside Community Healthcare  
3605 Alamo St., Suite 100  
Simi Valley 93065

## September 6

Tuesday, 6:00pm-8:00pm

### Understanding Breastfeeding

Lakeside Community Healthcare  
3605 Alamo St., Suite 100  
Simi Valley 93065

## September 16

Friday, 10:00am-11:00am

### Healthy Cooking Class

Lakeside Community Healthcare  
3605 Alamo St.  
Simi Valley 93065

## September 16

Friday, 7:00 p.m.

### Simi Valley 50+ Community Games

Simi Valley Senior Center  
3900 Avenida Simi  
Simi Valley, CA 93063

## Tarzana

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### August 2, 9, 16, 23 and 30

Tuesdays, 11:30am-12:30pm

### Zumba Gold

Releve Studios  
18356 Oxnard St.  
Tarzana 91356

### September 6, 13, 20 and 27

Tuesdays, 11:30am-12:30pm

### Zumba Gold

Releve Studios  
18356 Oxnard St.  
Tarzana 91356

## Temecula

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### September 24

Saturday, 9:00am-1:00pm

### Temecula Family Health Fair

City Hall  
41000 Main St.  
Temecula 92590

## Thousand Oaks

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### Every Thursday

2:00pm-3:00pm

### Health Coaching

Lakeside Community Healthcare  
612 E. Janss Rd.  
Thousand Oaks 91360

### Every Thursday

8:30am-9:30am

### Walk2Win

Wildflower Playfields  
635 W. Avenida de los Arboles  
Thousand Oaks 91360

## Locations and Dates *(Continued)*

### August 2

Tuesday, 6:30pm-8:30pm

#### **Mindful Eating**

Lakeside Community Healthcare  
612 E. Janss Rd.  
Thousand Oaks 91360

### August 9

Tuesday, 6:30pm-7:30pm

#### **Healthy Cooking Class**

Lakeside Community Healthcare  
612 E. Janss Rd.  
Thousand Oaks 91360

### August 11

Thursday, 3:00pm-4:30pm

#### **Eye Health**

Lakeside Community Healthcare  
612 E. Janss Rd.  
Thousand Oaks 91360

### September 7

Wednesday, 6:30pm-8:30pm

#### **Diabetes Class 1:**

#### **Overview and Healthy Eating**

Lakeside Community Healthcare  
612 E. Janss Rd.  
Thousand Oaks 91360

### September 14

Wednesday, 6:30pm-8:30pm

#### **Diabetes Class 2:**

#### **Managing Your Meds**

Lakeside Community Healthcare  
612 E. Janss Rd.  
Thousand Oaks 91360

### September 15

Thursdays, 6:00pm-8:00pm

#### **Bump to Baby Class 1:**

#### **You and Your Pregnancy**

Lakeside Community Healthcare  
612 E. Janss Rd.  
Thousand Oaks 91360

### September 21

Wednesday, 6:30pm-8:30pm

#### **Diabetes Class 3: Healthy Coping and Problem Solving**

Lakeside Community Healthcare  
612 E. Janss Rd.  
Thousand Oaks 91360

### September 22

Thursdays, 6:00pm-8:00pm

#### **Bump to Baby Class 2: Baby Basics**

Lakeside Community Healthcare  
612 E. Janss Rd.  
Thousand Oaks 91360

### September 29

Thursdays, 6:00pm-8:00pm

#### **Bump to Baby Class 3: Postnatal Care**

Lakeside Community Healthcare  
612 E. Janss Rd.  
Thousand Oaks 91360

### October 6

Thursdays, 6:00pm-8:00pm

#### **Bump to Baby Class 4: Celebrating You**

Lakeside Community Healthcare  
612 E. Janss Rd.  
Thousand Oaks 91360

### September 22

Thursday, 3:30pm-4:30pm

#### **Healthy Cooking Class**

Lakeside Community Healthcare  
612 E. Janss Rd.  
Thousand Oaks 91360

## Valencia

### August 25

Thursday, 10:00am-11:00am

#### **Supermarket Savvy**

Ralphs Grocery Store  
27760 McBean Pkwy.  
Valencia 91354

## West Covina

### August 2

Tuesday, 10:00am-11:30am

#### **Long Live the Liver**

Lakeside Community Healthcare  
1500 W. West Covina Parkway  
West Covina 91790

### August 4, 11, 18 and 25

Thursdays, 8:30am-9:30am and  
5:30pm-6:30pm

#### **Strength Training and Balance**

Lakeside Community Healthcare  
1500 W. West Covina Parkway  
West Covina 91790

### August 8, 15, 22 and 29

Mondays, 8:30pm-9:30pm

#### **Strength Training and Balance**

Lakeside Community Healthcare  
1500 W. West Covina Parkway  
West Covina 91790

### August 8, 15, 22 and 29

Mondays, 9:45am-11:00am

#### **Tai Chi**

Lakeside Community Healthcare  
1500 W. West Covina Parkway  
West Covina 91790

### September 1, 8, 15, 22 and 29

Thursdays, 8:30am-9:30am and  
5:30pm-6:30pm

#### **Strength Training and Balance**

Lakeside Community Healthcare  
1500 W. West Covina Parkway  
West Covina 91790

### August 25

Thursdays, 6:00pm-8:00pm

#### **Bump to Baby Class 1: You and Your Pregnancy**

Lakeside Community Healthcare  
1500 West Covina Parkway  
West Covina 91790

### September 1

Thursdays, 6:00pm-8:00pm

#### **Bump to Baby Class 2: Baby Basics**

Lakeside Community Healthcare  
1500 West Covina Parkway  
West Covina 91790

### September 8

Thursdays, 6:00pm-8:00pm

#### **Bump to Baby Class 3: Postnatal Care**

Lakeside Community Healthcare  
1500 West Covina Parkway  
West Covina 91790

### September 15

Thursdays, 6:00pm-8:00pm

#### **Bump to Baby Class 4: Celebrating You**

Lakeside Community Healthcare  
1500 West Covina Parkway  
West Covina 91790

### September 22

Thursday, 6:00pm-8:00pm

#### **Understanding Breastfeeding**

Lakeside Community Healthcare  
1500 West Covina Parkway  
West Covina 91790

### September 6

Tuesday, 10:00am-11:30am

#### **Knee, Hip, and Shoulder Injury Prevention (KHS)**

Lakeside Community Healthcare  
1500 W. West Covina Parkway  
West Covina 91790

### September 12, 19 and 26

Mondays, 8:30am-9:30am

#### **Strength Training and Balance**

Lakeside Community Healthcare  
1500 W. West Covina Parkway  
West Covina 91790

### September 12, 19 and 26

Mondays, 9:45am-11:00am

#### **Tai Chi**

Lakeside Community Healthcare  
1500 W. West Covina Parkway  
West Covina 91790

## **West Hills**

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### August 10

Wednesday, 6:30pm-8:30pm

#### **Diabetes Class 1: Overview and Healthy Eating**

Lakeside Community Healthcare  
7325 Medical Center Drive, Suite 300  
West Hills 91307

### August 17

Wednesday, 6:30pm-8:30pm

#### **Diabetes Class 2: Managing Your Meds**

Lakeside Community Healthcare  
7325 Medical Center Drive, Suite 300  
West Hills 91307

### August 24

Wednesday, 6:30pm-8:30pm

#### **Diabetes Class 3: Healthy Coping and Problem Solving**

Lakeside Community Healthcare  
7325 Medical Center Drive, Suite 300  
West Hills 91307

### August 30

Tuesday, 6:30pm-8:30pm

#### **Nutrition For Weight Loss**

Lakeside Community Healthcare  
7325 Medical Center Drive, Suite 300  
West Hills 91307

### September 13

Tuesday, 6:30pm-7:30pm

#### **Supermarket Savvy**

Pavilions Grocery Store  
6534 Platt Ave.  
West Hills 91307

### September 20

Tuesday, 6:30pm-8:30pm

#### **Cholesterol Management**

Lakeside Community Healthcare  
7325 Medical Center Drive, Suite 300  
West Hills 91307

### September 27

Tuesday, 6:30pm-8:30pm

#### **High Blood Pressure and Your Health**

Lakeside Community Healthcare  
7325 Medical Center Drive, Suite 300  
West Hills 91307

## All events and classes are offered at no cost to you; however, reservations are required! There are two ways for you to RSVP:

### 1 Email your reservation to [healthyway@regalmed.com](mailto:healthyway@regalmed.com)

You can email 24/7. Choosing this method:

- Allows you to make reservations for all activities and classes.
- Enables you to make reservations earlier than those who call. Email reservations will be handled on a first-come, first-served basis.
- Requires you to provide all pertinent info including your name, date of birth and requested activities (must have name and date for activity).
- Sends you an email that confirms your reservation.

### 2 Call our Reservation Specialists at 844.418.8304

Call between 10:00am and 4:00pm. You can make reservations one month at a time:

#### Reservations for August events

begin on Tuesday, July 26, at 10:00am.

#### Reservations for September events

begin on Tuesday, August 16, at 10:00am.

*Please note:* You will receive a phone call from our Reservation Specialists confirming your participation prior to the event.



### Other Policies:

- You may bring one adult guest over 21 years old to each class unless otherwise indicated.
- You will be required to sign-in at each class. Some may require completion of a release form. Please bring a valid ID with you.
- If you're unable to attend an activity or class and must cancel your reservation, you must contact us 72 hours in advance via email or by calling our reservation specialists at **844.418.8304**.



Please reference your health plan ID for your medical group.