

Community Resource Center (CRC) Classes

NOW Available Online!

To protect our community's health during COVID-19, our CRCs are offering virtual classes. There are two ways to join!



Go to Facebook and search **IEHP CRC** to join **LIVE** classes!

OR



Download **Cisco Webex Meetings** on your Apple or Android smartphone. Enter the **Meeting Code** for the class you choose and password **12345**.

Need help accessing our classes? Call **1-866-228-4347** or **711** for TTY users.

July 2021

Monday	Tuesday	Wednesday	Thursday	Friday
			1 10am-10:30am Meditation (Spanish) WebEX: 177 855 6315 10:30am-11am Meditation (English) WebEX: 177 855 6315	2 12pm-1pm Chicken Enchilada Zucchini Boats WebEX: 177 170 7083
5 	6 9am-10am Yoga for Seniors & People with Disabilities WebEX:177 573 6730	7 9am-10am Full Body Workout WebEX:177 106 4409	8 9am-10am Latin Dance WebEX:177 127 1454	9 10am-11am Medi-Cal Dental Benefits WebEX: 177 395 1928
12	13 10am-11am Book Club K-2 WebEX:177 995 2722	14 9am-10am Low Impact Aero Box WebEX:177 017 3061	15 11am-12pm Yin Yoga WebEX:177 064 6876	16 10am-11am Nutrition: Lettuce Wrap Turkey Burgers (Spanish) WebEX:177 276 6906
19 	20 9am-10am Book Club 3rd & 4th grades WebEX:177 519 9129	21 9am-10am Chair Fitness WebEX:177 372 6099	22 9am-10am Lifestyle Modification – Improve your Health WebEX:177 529 7859	23 10am-11am Medi-Cal Dental Benefits (Spanish) WebEX:177 528 8522
26	27 9am-10am Book Club 5th & 6th grades WebEX:177 918 8677	28 9am-10am Turbo Kick WebEX:177 363 7370	29 9am– 10am Lifestyle Modification – Improve your Health (Spanish) WebEX:177 799 1689	30 10am-11am Nutrition: Healthy Lunches WebEX:177 830 1448

Our Health Education Department has gone virtual! You can join one of their online webinars and learn all different health topics, from diabetes to asthma. They're completely free and perfect for Members who are missing our in-person classes! Click on the link to view on-demand classes: <https://iehp.org/about/upcoming-events>

Classes are subject to change without notice. Spanish: See calendar for schedule.