

To protect our community's health during COVID-19, our CRC's are offering virtual classes. There are 2 ways to join!

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



Download **Cisco Webex Meetings** on your Apple or Android smartphone.

Enter the **Meeting Code** for the class you choose and password **12345**.

If you have any questions on how to access our classes, call **1-866-228-4347**, or **711** for TTY users.

## July 2020

Monday	Tuesday	Wednesday	Thursday	Friday	
<b>WebEX Links:</b> <b>Apple Users:</b> <a href="https://apps.apple.com/us/app/cisco.webex.meetings/id298844386">https://apps.apple.com/us/app/cisco.webex.meetings/id298844386</a> <b>Android Users:</b> <a href="https://play.google.com/store/apps/details?id=com.cisco.webex.meetings">https://play.google.com/store/apps/details?id=com.cisco.webex.meetings</a> <b>PC Users:</b> <a href="https://www.webex.com/">https://www.webex.com/</a>  <b>Facebook Links:</b> <b>Community Resource Center Victorville</b> <a href="https://www.facebook.com/Victorville-Community-Resource-Center-100572088003315/">https://www.facebook.com/Victorville-Community-Resource-Center-100572088003315/</a> <b>Community Resource Center Riverside</b> <a href="https://www.facebook.com/IEHPCCRCRiverside/">https://www.facebook.com/IEHPCCRCRiverside/</a> <b>Community Resource Center San Bernardino</b> <a href="https://www.facebook.com/sanbernardinocrc/">https://www.facebook.com/sanbernardinocrc/</a>  <b>WebEX Password for all classes: 12345</b>					
		<b>9am-9:45am Book Club (3<sup>rd</sup>-4<sup>th</sup>)</b> WebEX: 806 432 390 <b>9am-10am Full Body Workout</b> WebEX: 800 989 664 <b>10am-11am Strength &amp; Conditioning</b> WebEX: 133 514 5731 <b>11am-12pm Family Yoga</b> WebEX: 288 743 731 <b>11am-12pm Living Well with a Disability</b> WebEX: 133 9868928 <b>12pm-1pm Kids Yoga</b> WebEX: 133 673 8994 <b>1pm-2pm Wellness During COVID 19-English</b> WebEX: 133 088 4590 <b>1:30pm-2pm Turbo Box</b> WebEX: 133 217 2999 <b>3pm-4pm Wellness During COVID19-Spanish</b> WebEX: 133 042 4770 <b>4pm-5pm PiYo</b> WebEX: 282 690 770	<b>9am-10am Yoga</b> WebEX: 804 471 515 <b>10am-11am Meditation-Spanish</b> WebEX: 802 659 246 <b>11am-12pm Meditation-English</b> WebEX: 809 705 839 <b>12pm-1pm Sign &amp; Sweat</b> WebEX: 809 883 591 <b>1pm-2pm Resume Writing</b> WebEX: 133 508 9831 <b>2pm-3pm I'm Important (Self-Care)</b> WebEX: 133 258 5696 <b>3pm-4pm Yoga for Seniors &amp; People w/ Disabilities</b> WebEX: 283 398 311 <b>4pm-5pm LGBTQ Support Group</b> WebEX: 809 493 884		
		<b>9am-9:45am Book Club (3<sup>rd</sup>-4<sup>th</sup>)</b> WebEX: 806 432 390 <b>9am-10am Full Body Workout</b> WebEX: 800 989 664 <b>10am-11am Strength &amp; Conditioning</b> WebEX: 133 514 5731 <b>11am-12pm Family Yoga</b> WebEX: 288 743 731 <b>11am-12pm Living Well with a Disability</b> WebEX: 133 986 8928 <b>12pm-1pm Making Your Money Work for You</b> WebEX: 133 724 8792 <b>1pm-2pm Nailed It!!! Cook With Us- Pasta Edition!</b> WebEX: 133 963 0015 <b>2pm-3pm Turbo Box</b> WebEX: 133 217 2999 <b>3pm-4pm Nutrition: Let's Get Physical</b> WebEX: 133 946 4849 <b>4pm-5pm PiYo</b> WebEX: 282 690 770	<b>9am-10am Yoga</b> WebEX: 804 471 515 <b>10am-11am Meditation -Spanish</b> WebEX: 802 659 246 <b>10:30am-11:30am Eat Healthy Be Active #1 (Spanish)</b> WebEX: 133 515 2659 <b>11am-12pm Meditation -English</b> WebEX: 809 705 839 <b>12pm-1pm Sign &amp; Sweat</b> WebEX: 809 883 591 <b>1pm-2pm Eat Healthy Be Active #1</b> WebEX: 133 533 1923 <b>2pm-3pm Find Your Calm #1 Spanish</b> WebEX: 133 594 1040 <b>2pm-3pm Communication Skills</b> WebEX: 133 760 6950 <b>3pm-4pm Yoga for Seniors &amp; People w/ Disabilities</b> WebEX: 283 398 311 <b>4pm-5pm LGBTQ Support Group</b> WebEX: 809 493 884	<b>9am-9:45am Book Club (5<sup>th</sup>-6<sup>th</sup>)</b> WebEX: 803 370 644 <b>9am-10am Yoga for Seniors &amp; People w/ Disabilities-Spanish</b> WebEX: 133 633 4305 <b>10am-11am Chair Fitness</b> WebEX: 806 696 444 <b>11am-12pm Family Yoga</b> WebEX: 288 743 731 <b>12pm-12:30pm Circle Time 0-5 years</b> WebEX: 802 938 528 <b>1pm-2pm Find Your Calm #1</b> WebEX: 133 769 5333 <b>2pm-2:30pm Social Hour-Spanish</b> WebEX: 133 360 6936 <b>2:30pm-3pm Social Hour-English</b> WebEX: 133 919 7534 <b>3pm-4pm Goals, Dreams and Beyond for Teens</b> WebEX: 289 138 043 <b>4pm-5pm Disaster Awareness Program</b> WebEX: 133 056 2663	
<b>9am-9:45am Book Club (K-2)</b> WebEX: 809 714 366 <b>9am-10am Turbo Box</b> WebEX: 133 572 8944 <b>10am-11am Chair Fitness</b> WebEX: 806 696 444 <b>11am-12pm Family Yoga*</b> WebEX: 806 213 435 <i>*WebEX only</i> <b>1pm-2pm Dance Party</b> WebEX: 282 725 441 <b>1pm-2pm Diabetes</b> WebEX: 133 459 2702 <b>2pm-3pm Diabetes-Spanish</b> WebEX: 133 216 1283 <b>2pm-3pm Family Asthma</b> WebEX: 133 758 8147 <b>3pm-4pm Communication Skills (Spanish)</b> WebEX: 133 835 5637 <b>3pm-4pm Nutrition: Eating for Energy</b> WebEX: 133 423 9326 <b>4pm-5pm ASL</b> WebEX: 800 482 632 <b>4pm-5pm Kids Yoga</b> WebEX: 133 821 2030	<b>9am-10am Yoga for Seniors &amp; People w/ Disabilities</b> WebEX: 133 059 3446 <b>10am-11am Meditation-Spanish</b> WebEX: 802 659 246 <b>11am-12pm Meditation -English</b> WebEX: 809 705 839 <b>12pm-1pm Sign &amp; Sweat</b> WebEX: 809 883 591 <b>1pm-2pm Boot Camp Fitness</b> WebEX: 133 135 9765 <b>2pm-3pm Line Dance</b> WebEX: 133 915 7065 <b>3pm-3:30pm Social Hour-Spanish</b> WebEX: 805 424 503 <b>3:30-4pm Social Hour-English</b> WebEX: 133 098 4231 <b>4pm-5pm Yin Yoga</b> WebEX: 133 119 7709	<b>9am-9:45am Book Club (3<sup>rd</sup>-4<sup>th</sup>)</b> WebEX: 806 432 390 <b>9am-10am Full Body Workout</b> WebEX: 800 989 664 <b>10am-11am Strength &amp; Conditioning</b> WebEX: 133 514 5731 <b>11am-12pm Family Yoga</b> WebEX: 288 743 731 <b>11am-12pm Living Well with a Disability</b> WebEX: 133 986 8928 <b>12pm-1pm Denti-Cal Benefits</b> WebEX: 133 743 7825 <b>1pm-2pm Let's Draw! Creating a Mind Map (12-19 years)</b> WebEX: 133 725 7138 <b>2pm-3pm Turbo Box</b> WebEX: 133 217 2999 <b>3pm-4pm Access to Care for IEHP Members</b> WebEX: 133 830 7415 <b>4pm-5pm PiYo</b> WebEX: 282 690 770	<b>9am-10am Yoga</b> WebEX: 804 471 515 <b>10am-11am Meditation -Spanish</b> WebEX: 802 659 246 <b>10:30am-11:30am Eat Healthy Be Active #2 (Spanish)</b> WebEX: 133 515 2659 <b>11am-12pm Meditation -English</b> WebEX: 809 705 839 <b>12pm-1pm Sign &amp; Sweat</b> WebEX: 809 883 591 <b>1pm-2pm Eat Healthy Be Active #2 Spanish</b> WebEX: 133 533 1923 <b>2pm-3pm Find Your Calm #2 Spanish</b> WebEX: 133 594 1040 <b>2pm-3pm Coping with Trauma</b> WebEX: 133 061 7350 <b>3pm-4pm Yoga for Seniors &amp; People w/ Disabilities</b> WebEX: 283 398 311 <b>4pm-5pm LGBTQ Support Group</b> WebEX: 809 493 884	<b>9am-9:45am Book Club (5<sup>th</sup>-6<sup>th</sup>)</b> WebEX: 803 370 644 <b>9am-10am Yoga for Seniors &amp; People w/ Disabilities-Spanish</b> WebEX: 133 633 4305 <b>10am-11am Chair Fitness</b> WebEX: 806 696 444 <b>11am-12pm Family Yoga</b> WebEX: 288 743 731 <b>12pm-12:30pm Circle Time 0-5 years</b> WebEX: 802 938 528 <b>12pm-1pm Tai Chi</b> WebEX: 133 689 8272 <b>1pm-2pm Find Your Calm #2</b> WebEX: 133 769 5333 <b>2pm-2:30pm Social Hour-Spanish</b> WebEX: 133 360 6936 <b>2:30pm-3pm Social Hour-English</b> WebEX: 133 919 7534 <b>3pm-4pm Goals, Dreams and Beyond for Teens</b> WebEX: 289 138 043 <b>4pm-5pm Access to Care for IEHP Members-Spanish</b> WebEX: 133 729 4009	
<b>9am-9:45am Book Club (K-2)</b> WebEX: 809 714 366 <b>9am-10am Turbo Box</b> WebEX: 133 572 8944 <b>10am-11am Chair Fitness</b> WebEX: 806 696 444 <b>11am-12pm Family Asthma</b> WebEX: 133 584 7843 <b>11am-12pm Family Yoga*</b> WebEX: 806 213 435 <i>*WebEX only</i> <b>12pm-1pm Resume Writing</b> WebEX: 133 855 8992 <b>1pm-2pm Dance Party</b> WebEX: 282 725 441 <b>1pm-2pm Diabetes</b> WebEX: 133 459 2702 <b>2pm-3pm Diabetes (Spanish)</b> WebEX: 133 216 1283 <b>3pm-4pm Coping with Trauma (Spanish)</b> WebEX: 133 273 7767 <b>3pm-4pm Nutrition: SummerTime Smoothies</b> WebEX: 133 902 7431 <b>4pm-5pm ASL</b> WebEX: 800 482 632 <b>4pm-5pm Kids Yoga</b> WebEX: 133 821 2030	<b>9am-10am Yoga for Seniors &amp; People w/ Disabilities</b> WebEX: 133 059 3446 <b>10am-11am Meditation- Spanish</b> WebEX: 802 659 246 <b>11am-12pm Meditation- English</b> WebEX: 809 705 839 <b>12pm-1pm Sign &amp; Sweat</b> WebEX: 809 883 591 <b>1pm-2pm Boot Camp Fitness</b> WebEX: 133 135 9765 <b>2pm-3pm Line Dance</b> WebEX: 133 915 7065 <b>3pm-3:30pm Social Hour-Spanish</b> WebEX: 805 424 503 <b>3:30-4pm Social Hour-English</b> WebEX: 133 098 4231 <b>4pm-5pm Yin Yoga</b> WebEX: 133 119 7709 <b>4pm-5pm Access to Care for IEHP Members</b> WebEX: 133 857 1918	<b>9am-9:45am Book Club (3<sup>rd</sup>-4<sup>th</sup>)</b> WebEX: 806 432 390 <b>9am-10am Full Body Workout</b> WebEX: 800 989 664 <b>10am-11am Strength &amp; Conditioning</b> WebEX: 133 514 5731 <b>11am-12pm Living Well with a Disability</b> WebEX: 133 986 8928 <b>11am-12pm Family Yoga</b> WebEX: 288 743 731 <b>1pm-2pm Fur Friendly Hour (12-19 years)</b> WebEX: 133 437 4189 <b>2pm-3pm Turbo Box</b> WebEX: 133 217 2999 <b>3pm-4pm Nutrition: Let's Get Physical-Spanish</b> WebEX: 133 689 6708 <b>4pm-5pm PiYo</b> WebEX: 282 690 770	<b>9am-10am Yoga</b> WebEX: 804 471 515 <b>10am-11am Meditation -Spanish</b> WebEX: 802 659 246 <b>10:30am-11:30am Eat Healthy Be Active #3 - Spanish</b> WebEX: 133 515 2659 <b>11am-12pm Meditation -English</b> WebEX: 809 705 839 <b>12pm-1pm Sign &amp; Sweat</b> WebEX: 809 883 591 <b>1pm-2pm Eat Healthy Be Active #3 Spanish</b> WebEX: 133 533 1923 <b>2pm-3pm Find Your Calm #3 Spanish</b> WebEX: 133 594 1040 <b>2pm-3pm Cultural Competence</b> WebEX: 133 272 8855 <b>3pm-4pm Yoga for Seniors &amp; People w/ Disabilities</b> WebEX: 283 398 311 <b>4pm-5pm LGBTQ Support Group</b> WebEX: 809 493 884	<b>9am-9:45am Book Club (5<sup>th</sup>-6<sup>th</sup>)</b> WebEX: 803 370 644 <b>9am-10am Yoga for Seniors &amp; People w/ Disabilities-Spanish</b> WebEX: 133 633 4305 <b>10am-11am Chair Fitness</b> WebEX: 806 696 444 <b>11am-12pm Family Yoga</b> WebEX: 288 743 731 <b>12pm-12:30pm Circle Time 0-5 years</b> WebEX: 802 938 528 <b>12pm-1pm Tai Chi</b> WebEX: 133 689 8272 <b>1pm-2pm Find Your Calm #3</b> WebEX: 133 769 5333 <b>2pm-2:30pm Social Hour-Spanish</b> WebEX: 133 360 6936 <b>2:30pm-3pm Social Hour-English</b> WebEX: 133 919 7534 <b>3pm-4pm Goals, Dreams and Beyond for Teens</b> WebEX: 289 138 043 <b>4pm-5pm Access to Care for IEHP Members -Spanish</b> WebEX: 133 729 4009	
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