

Hospital-Based Health Education Programs

Lancaster

(October, November, December 2019)

Hospital	Topic/Address	Date/Time	Language	Cost	Phone Number
California Smokers' Helpline					
	Smoking Cessation Counseling	Mon-Fri 9am-9pm & Sat 9am-1pm	E	FREE	1-800-NO-BUTTS
	Smoking Cessation Counseling	Mon-Fri 9am-9pm & Sat 9am-1pm	Sp	FREE	1-800-456-6386
	Smoking Cessation Counseling	Mon-Fri 9am-9pm & Sat 9am-1pm	Cant.	FREE	1-800-838-8917
	Smoking Cessation Counseling	Mon-Fri 9am-9pm & Sat 9am-1pm	Viet.	FREE	1-800-778-8440
	Smoking Cessation Counseling	Mon-Fri 9am-9pm & Sat 9am-1pm	Ko.	FREE	1-800-556-5564
	Smoking Cessation Counseling	Mon-Fri 9am-9pm & Sat 9am-1pm	TDD/TTY	FREE	1-800-933-4833
Caregivers At Home	Telephone Series				
	Telephone Support Group for Caregivers (Must call before to RSVP)	3rd Wed 10-11:30am & 6:30pm-8:00pm	E	FREE	1-800-540-4442
Antelope Valley Hospital	1600 W. Avenue J., Lancaster, CA 93534	http://www.avhospital.org/			
	Kidney Smart	Call for schedule	E	FREE	909-241-1363
	Bleeding Control Basics	Monthly, call for schedule	E	FREE: Must register	661-949-5677
Support Groups	Adult Children of Alcoholics (Conference Room 7)	Tuesday's 7:00-8:30 pm	E	FREE	661-726-6210
	Al- Anon (Conference Room 10 5th Floor	Thursday's 7:30-9:00 pm	SP	FREE	661-726-6210

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	Alcoholics Anonymous	Tuesday's 6:00-7:00pm	E	FREE	661-726-6210
	Gamblers Anonymous Confrence Room 10 5th floor	Tuesday's 7:30-9:30 pm	E	FREE	661-726-6210
	Grief and Loss Support Confrence Room 10 (5th floor)	Friday's 10:00 am	E	FREE	661-206-7741
	Nar-Anon Confrence room 7 (4th floor)	Wednesday's 7:00-8:30 pm	E	FREE	661-726-6210
	Life after a stroke	Thirld Thursday of every month 6:00-7:30 pm	E	FREE	661-949-5000
L.A. Care Health Plan Palmdale Family Resource Center	2072 East Palm, Palmdale, CA 93550				
	Zumba	Monday's-Friday's 9:00 a.m. - 10:00 a.m.	E/SP	FREE	213-438-5580
	Parent Café	10/14 & 10/28 10:30 a.m.-12:00 pm	E/	FREE	213-438-5580
	Parent Café	10/21 10:30 a.m.-12:00 p.m.	SP	FREE	213-438-5580
	Breakthrough parenting	Tuesday's 10:15 a.m. - 11:45 a.m.	E	FREE	213-438-5580
	Anger Management	Tuesday's 12:00 p.m. - 1:30 p.m.	E	FREE	213-438-5580
	Cardio Boxing	Wednesday's 4:00 p.m. - 5:00 p.m.	E/SP	FREE	213-438-5580
	Fit Family Boot Camp	Wednesday's & Friday's 5:00 p.m. - 6:00 p.m.	E/SP	FREE	213-438-5580
	Boot Camp	Thursday's 9:00 a.m. -10:00 a.m.	E/SP	FREE	213-438-5580
	Juicing for a healthy Life	Thursday's 10:15 a.m. - 11:45 a.m.	SP	FREE	213-438-5580
	Healthy Cooking	Thursday's 11:45 a.m. - 1:45 p.m.	SP	FREE	213-438-5580



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Promise
Health
Plan

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