

Hospital-Based Health Education Programs

Long Beach/South Bay
(October, November, and 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- pm	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	3rd Wed 10-11:30am & 6:30pm-8pm	E	FREE; must RSVP	1-800-540-4442
Community Worker Education Program visits to your home					
	Do you know a child with Asthma (under 18 years of age)		E/Sp	FREE	562-933-5650
Miller Children's & Women's Hospital Long Beach	2801 Atlantic Avenue Long Beach, CA 90806				
	Asthma	by appointment	E	FREE: call for details	562-933-5650
Miller Family Health Education Center	3820 Cherry Ave., Long Beach, CA 90808	http://www.ci.long-beach.ca.us/health/fhec/default.asp			

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	Diabetes Prevention and Management Program	call for schedule	E/Sp	FREE	562-570-7986
St. Mary Medical Center	1050 Linden Ave., Long Beach, CA 90813	http://www.sc.chw.edu			
	Ongoing Diabetes Education Program	Individual Sessions Wednesday's & Thursday's 7:00 a.m. - 5:00 p.m.	E/SP	FREE	562-491-9547
	Ongoing Diabetes Education Program	Group Sessions Wednesday's 4:00 p.m.-6:30 p.m. & Thursday's 9:00-11:30 am	E	FREE	562-491-9547
	On going Diabetes Education Program	Wednesday's 9:30 a.m. - 12:30 p.m.	SP	FREE	562-491-9547
Bazzeni Wellness Center	1027 Linden Avenue, Long Beach CA				
	Yoga	Tuesday's 1:30 p.m. -2:30 p.m.	E	FREE: Call to reserve your spot	562-491-9811
Torrance Memorial Medical Center	3330 Lomita Blvd., Torrance, CA 90505	https://www.torrancememorial.org/Health_and_Wellness/Classes.aspx			
	Breastfeeding	call for schedule	E	Charge	310-517-4702
	Tai Chi	call for schedule	E	Charge	310-517-4702
	Prenatal Yoga	call for schedule	E	Charge	310-517-4702

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	Yoga for wellness	call for schedule	E	Charge	310-517-4702
Joslyn Center	1601 N. Valley Dr., Manhattan Beach				
	Agility, Balance, and Coordination	Monday's 8:30 a.m. - 9:30 a.m. Wednesday's 9:00 a.m.-10:00 a.m. Wednesday's 3:00 p.m. - 4:00 p.m.	E	FREE: Must Register	310-802-5430
	Mindfulness	Tuesday's 10:30 a.m. - 11:30 a.m.	E	FREE	310-802-5430
	Sun Style Tai Chi	Friday's 8:45 a.m. - 9:00 a.m. 9:00 a.m. - 10:00 p.m.	E	FREE	310-802-5430
	Tea and Tai Chi	Friday's 4:00 p.m. - 5:15 p.m.	E	FREE	310-802-5430
Beach Cities Health District	514 N. Prospect Ave, 3rd Floor, Redondo Beach, CA 90277	http://www.bchd.org			
	call for list of classes	call for schedule	E	FREE/ Charge	310-374-3426
Cancer Support Community	109 W. Torrance Blvd., Redondo Beach, CA 90277	https://cscrb.gnosishosting.net/Events/Calendar			
	Gentle Yoga	Monday's 1:30 p.m.	E	FREE	310-376-3550
	Restorative Yoga	Monday's 6:00 p.m.	E	FREE	310-376-3550
	Young Cancer Survivor	Monday's 6:00 p.m.	E	FREE	310-376-3550
	Tai Chi	Tuesday's 1:00 p.m.	E	FREE	310-376-3550
	Cardio for Wellness	Tuesday's 9:30 a.m.	E	FREE	310-376-3550
	Early Yoga	Wednesday's 10:30 a.m.	E	FREE	310-376-3550

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	Fit & Well worth it	Wednesday's 11:00 a.m.	E	FREE	310-376-3550
	Strength & Balance	Wednesday's 2:30 p.m.	E	FREE	310-376-3550
	Guided Meditation	Wednesday's 5:00 p.m.	E	FREE	310-376-3550
	Early Yoga	Wednesday's 10:30 a.m.	E	FREE	310-376-3550
	Morning Yoga	Thursday's 10:00 a.m.	E	FREE	310-376-3550
	Celebrando la vida	Friday's 5:00 p.m.	SP	FREE	310-210-6685 Juan Altamirano
	Ocean view tai chi	Friday's 9:30 a.m.	E	FREE	310-376-3550
	Love and laughter with Jason Love	call for schedule or visit website	E	FREE	310-376-3550
	Dance away sadness	call for schedule or visit website	E	FREE: Must Register	310-376-3550
	Teens Connect (Age 12-17)	call for schedule or visit website	E	FREE	310-376-3550
	Women's Cancer Group	call for schedule or visit website	E	FREE	310-375-3550
Long Beach Memorial Medical Center	2810 Long Beach Blvd., Long Beach, CA 90806				
	Parkinson's Wellness Program	Thursday's 12:00 p.m. -1:00 p.m.	E	FREE	562-933-9283
	Gentle Yoga for patients with cancer	Wednesday's 5:30 p.m. Thursday's @ noon	E	\$5	562-933-9504
Torrance South Bay Family YMCA	2900 W. Sepulveda Blvd, Torrance CA				
	Struggling with being overweight?	12/10 10:30 a.m - 12:00 p.m.	E	FREE	1-800-825-2631

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