



Promise Health Plan

Hospital- Based Health Education Programs San Gabriel Valley (January, February, March 2020)

Breastfeeding

Glendale Memorial Hospital and Health Center
1420 S. Central Ave., Glendale, CA 91204

Breastfeeding support group Every Thursday (except holidays) 1:30 p.m. -3:30 p.m. English 818-502-2232

Diabetes

Blue Shield of California Promise Health Plan
Informational Resource Center
5926 Pacific Blvd., Huntington Park, CA 90255

Diabetes Tuesday's 12:00 p.m. - 1:15 p.m. English/Spanish 323-586-1610

Methodist Hospital of Southern California
300 W. Huntington, Arcadia, CA 91007

Diabetes education classes 2/4, 2/11, 2/18, 2/25, 3/3, 3/10, 3/17, 3/24 4:30 p.m. - 6:30 p.m. English/Spanish 323-586-1610

Pasadena senior center
85 east holly street Pasadena CA 91103

Diabetes risk assessment and screening 2/18, 3/17, 4/21, 5/19, 6/16 9:00 a.m. - 11:00 a.m. English/Spanish 323-586-1610



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Diabetes risk assessment and screening	South Pasadena Senior Center 1102 Oxley St., South Pasadena CA 2/12, 3/11, 4/8, 5/13, 6/10 8:30 a.m. - 10:30 a.m.	English/Spanish	323-586-1610
Diabetes risk assessment and screening	Villa Parke Community Center, Farmers Market Corner of Garfield and Villa St, Pasadena CA 2/18, 3/17, 4/21, 5/19, 6/16 9:00 a.m. - 11:00 a.m.	English/Spanish	626-744-6530
Glucose screenings	Montebello senior center 115 S. Taylor Ave, Montebello CA 90640 2/14 10:00 a.m. - 11:00 a.m.	English/Spanish	800-618-6664
Diabetes risk assessment and screening	Jackie Robinson Community Center 1020 N. Fair Oaks Ave Pasadena, CA 91103 2/14, 2/27, 3/13, 3/26, 4/10, 4/23, 5/8, 5/28, 6/12, 6/25 10:00 a.m. - 12:00 p.m.	English/Spanish	626-744-7300



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Hypertension

Jackie Robinson Community Center
1020 N. Fair Oaks Ave Pasadena, CA 91103

Hypertension screening 2/14, 2/27, 3/13, 3/26, 4/10, 4/23, 5/8, 5/28, 6/12, 6/25 10:00 a.m. - 12:00 p.m. English/Spanish 626-744-7300

South Pasadena Senior Center
1102 Oxley St., South Pasadena CA

Hypertension screening 2/12, 3/11, 4/8, 5/13, 6/10 8:30 a.m. - 10:30 a.m. English/Spanish 626-744-7300

Pasadena Central Library
285 E. Walnut St. Pasadena CA

Hypertension 2/5, 3/4, 4/1, 5/6, 6/3 10:00 a.m. - 12:00 p.m. English/Spanish 626-744-4066

Blue Shield of California Promise Health Plan
Informational Resource Center
5926 Pacific Blvd., Huntington Park, CA 90255

Blood pressure Wednesday's 4:00 p.m.- 4:45 p.m. English/Spanish 323-586-1610



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Nutrition

Blue Shield of California Promise Health Plan
Informational Resource Center
5926 Pacific Blvd., Huntington Park, CA 90255

Cholesterol

Friday's 12:00 p.m. - 1:45 p.m.

English/Spanish 323-586-1610

Parenting

Verdugo Hills Hospital
1812 Verdugo Blvd., Glendale, CA 91208

New mother's forum

Tuesday's 9:30 a.m. - 11:30 a.m.

English 818-925-2272

Glendale Adventist Medical Center
1509 Wilson Terrace, Glendale, CA 91206

New mother's forum

Tuesday's 9:30 a.m. - 11:30 a.m.

English 818-925-2272



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Physical activity

Community Service Center
311 A Vallejo Drive Glendale CA 91206

Yoga for bone strength	Every Wednesday 2:30 p.m. - 3:30 p.m.	English	818-409-8354
Balance fit	Every Thursday 2:30 p.m. - 3:30 p.m.	English	818-409-8354
Chair yoga for everybody	Every Friday 11:00 a.m. - 12:00 p.m.	English	818-409-8354

Blue Shield of California Promise Health Plan
Informational Resource Center
5926 Pacific Blvd., Huntington Park, CA 90255

Strengthening	Mon-Friday 8:30 a.m. - 9:15 a.m.	English/Spanish	323-586-1610
Zumba	Monday's & Wednesday's 9:30 a.m. - 10:15 a.m. Friday's 4:00 p.m. - 4:45 p.m.	English/Spanish	323-586-1610
Yoga	Monday's 4:00 p.m. - 5:30 p.m. Thursday's 10:30 a.m. - 12:00 p.m.	English/Spanish	323-586-1610
Cardio boxing	Monday's 4:00 p.m.- 4:45 p.m. Thursday's 9:30 a.m. - 10:15 a.m.	English/Spanish	323-586-1610
Zumba for teens	Tuesday's 5:00 p.m. - 5:45 p.m.	English/Spanish	323-586-1610
Zumba for kids	Thursday's 5:00 p.m. - 5:45 p.m.	English/Spanish	323-586-1610



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L.A. Care Health Plan Family Resource Center (East L.A.)
4803 E. Whittier Blvd., Los Angeles, CA 90022

Yoga	Monday's 3:00 p.m. - 4:00 p.m. Friday's 9:30 a.m. - 10:30 a.m.	English/Spanish 877-287-6290
Zumba	Monday's 5:00 p.m. - 6:00 p.m. Wednesday's 11:00 a.m. - 12:00 p.m.	English/Spanish 877-287-6290
Cardio Dancercise	Tuesday's 11:00 a.m. - 12:00 p.m.	English/Spanish 877-287-6290
Tai Chi for seniors	Tuesday's 2:00 p.m. - 3:00 p.m.	English/Spanish 877-287-6290
Kids boot camp	Tuesday's & Thursday's 4:00 p.m. - 5:00 p.m.	English/Spanish 877-287-6290
Kids boot camp	Saturday's 1:00 p.m. - 2:00 p.m.	English/Spanish 877-287-6290
Strong by Zumba	Wednesday's 5:00 p.m. - 6:00 p.m.	English/Spanish 877-287-6290
Family fun fitness	Saturday's 11:30 a.m. - 12:30 p.m.	English/Spanish 877-287-6290

Children's Hospital Los Angeles
4650 Sunset Blvd. Los Angeles, CA 90027

Physical activities, Kids fitness	Six weekly 1.5-hour sessions call for schedule	English/Spanish 323-361-8245
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LA Care Family Resource Center- Boyle Heights
1200 N. State St., Ste. 1069, Los Angeles, CA 90033

Advanced yoga	Monday's 9:00 a.m. - 10 a.m.	English/Spanish	877-287-6290
Aerobics	Monday's Level 2 11:30 a.m. - 12:30 p.m. Level 1 12:45 p.m. - 1:45 p.m.	English/Spanish	877-287-6290
Tai Chi	Tuesday's 10:30 a.m. - 11:30 a.m.	English/Spanish	877-287-6290
Cardio Dance Exercise	Tuesday's 12:00 p.m. - 1:00 p.m. Thursday's 10:30 a.m. -11:30 a.m.	English/Spanish	877-287-6290
Cardio Dance Exercise	Friday's 1st class: 11:00 a.m. - 12:00 p.m. 2nd class: 12:30 p.m. - 1:30 p.m.	English/Spanish	877-287-6290
Family yoga	Saturday's 9:30 a.m. - 10:30 a.m.	English/Spanish	877-287-6290

Tobacco Cessation and Prevention

California smoker's helpline	Mon-Friday 9:00 a.m.- 9:00 p.m. & Saturday 9:00 a.m. – 1:00 p.m.	English	1-800-NO-BUTTS
California smoker's helpline	Mon-Friday 9:00 a.m.- 9:00 p.m. & Saturday 9:00 a.m. – 1:00 p.m.	Spanish	1-800-456-6386
California smoker's helpline	Mon-Friday 9:00 a.m.- 9:00 p.m. & Saturday 9:00 a.m. – 1:00 p.m.	Cantonese	1-800-838-8917
California smoker's helpline	Mon-Friday 9:00 a.m.- 9:00 p.m. & Saturday 9:00 a.m. – 1:00 p.m.	Vietnamese	1-800-778-8440
California smoker's helpline	Mon-Friday 9:00 a.m.- 9:00 p.m. & Saturday 9:00 a.m. – 1:00 p.m.	Korean	1-800-556-5564