



Promise Health Plan

Hospital- Based Health Education Programs South East Los Angeles (January, February, March 2020)

Asthma

Miller Children's & Women's Hospital Long Beach
2801 Atlantic Ave, Long Beach, CA 90806

Learn how to control your child's asthma

by appointment

English/Spanish 562-933-5650

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

Diabetes Education Center
12462 Putman St. 3rd Floor Whittier, CA 90602

Diabetes self-management classes Ongoing event Call to schedule appt prior to 3 session class

English/Spanish 562-698-0811X 11320

Sweet success for gestational diabetes Ongoing event - Call to schedule appt prior to 3 session class

English/Spanish 562-698-0811



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Hypertension

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

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

L.A. Care Health Plan Family Resource Center
1200 N. State St. Ste 1069, Los Angeles, CA 90033

Healthy Cooking

Friday's 9:00 a.m. - 11:00 a.m.

English/Spanish

877-287-6290



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L.A. Care Health Plan Family Resource Center
3111 W. Century Blvd., Inglewood, CA 90303

Juicing for a healthy life	Monday's 11:00 a.m. - 12:30 p.m.	English/Spanish	877-287-6290
Healthy Eating	Wednesday's 4:00 p.m. - 5:00 p.m.	English/Spanish	877-287-6290
Registered Dietician	Wednesday's 10:00 a.m. - 5:00 p.m.	English/Spanish	877-287-6290

Perinatal

St. Francis Medical Center
3630 East Imperial Hwy., Lynwood, CA 90262

Maternity Shower & Family Life Center Tour. Expectant mothers are invited to attend a Maternity Shower hosted by St. Francis Medical Center. Enjoy excellent resources, raffles, light refreshments, and a tour of our Family Life Center.

2/4, 2/13, 2/21, 2/29, 3/6, 3/13, 3/20	11:00 a.m. - 1:00 p.m.	English/Spanish	310-900-7403 Maria Cainas
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Physical Activity

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.	323-586-1610
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Zumba	Monday's & Wednesday's 9:30 a.m. - 10:15 a.m. Friday's 4:00 p.m. - 4:45 p.m.	323-586-1610
Yoga	Monday's 4:00 p.m. - 5:30 p.m. Thursday's 10:30 a.m. - 12:00 p.m.	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.	323-586-1610
Zumba for teens	Tuesday's 5:00 p.m. - 5:45 p.m.	323-586-1610
Zumba for kids	Thursday's 5:00 p.m. - 5:45 p.m.	323-586-1610

L.A. Care Health Plan Family Resource Center
3111 W. Century Blvd., Inglewood, CA 90303

Agility, Balance and Coordination	Monday's 10:00 a.m.- 11:00 a.m.	English/Spanish	877-287-6290
Yoga Therapy	Monday's 11:00 a.m. - 12:30 p.m.	Spanish	877-287-6290
Get fit kids	Monday's & Friday's 4:00 p.m. - 4:45 p.m.	English/Spanish	877-287-6290
Zumba	Monday's 5:00 p.m. - 6:00 p.m. Friday's 4:00 p.m. - 5:00 p.m.	English/Spanish	877-287-6290
Pilates	Monday's & Wednesday's 6:00 p.m. - 7:00 p.m.	English/Spanish	877-287-6290
Funky Fitness	Tuesday's 4:00 p.m. - 4:45 p.m.	English/Spanish	877-287-6290
Zumba gold	Tuesday's 5:00 p.m. - 5:45 p.m. Thursday's 4:00 p.m. - 5:00 p.m.	English/Spanish	877-287-6290
Boot Camp	Tuesday's & Thursday's 6:00 p.m. - 7:00 p.m.	English/Spanish	877-287-6290
Line Dancing	Wednesday's & Friday's 1:00 p.m. - 2:30 p.m.	English/Spanish	877-287-6290



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Get fit kids	Wednesday's & Friday's 4:00 p.m. - 4:45 p.m.	English/Spanish	877-287-6290
Sun Tai Chi	Thursday's 10:00 a.m. - 11:00 a.m.	English/Spanish	877-287-6290
Zumba Toning	Thursday's 5:00 p.m. - 6:00 p.m.	English/Spanish	877-287-6290
Adult Zumba	Thursday's 6:00 p.m. - 7:00 p.m. Saturday's 9:00 a.m. - 10:00 a.m.	English/Spanish	877-287-6290
Pilates For Families	Saturday's 10:00 a.m. - 11:00 a.m.	English/Spanish	877-287-6290
Family Fitness	Saturday's 11:00 a.m. - 12:00 p.m.	English/Spanish	877-287-6290

Tobacco Prevention and cessation

Smoking Cessation Counseling	Mon-Fri 9am-9pm & Sat 9am-1pm	English	1-800-NO-BUTTS
Smoking Cessation Counseling	Mon-Fri 9am-9pm & Sat 9am-1pm	Spanish	1-800-456-6386
Smoking Cessation Counseling	Mon-Fri 9am-9pm & Sat 9am-1pm	Cantonese	1-800-838-8917
Smoking Cessation Counseling	Mon-Fri 9am-9pm & Sat 9am-1pm	Vietnamese	1-800-778-8440
Smoking Cessation Counseling	Mon-Fri 9am-9pm & Sat 9am-1pm	Korean	1-800-556-5564
Smoking Cessation Counseling	Mon-Fri 9am-9pm & Sat 9am-1pm	TDD/TTY	1-800-933-4833