



HEALTH & WELLNESS

Come Join Us!



January Health Education Classes

Traducción Disponible

Jan. 3	09:30AM – 10:30AM	Advance Care Planning: My Life My Choice
Jan. 3	11:00AM – 12:00PM	Becoming a Mom: The Big Day: Labor and Birth
Jan. 3	03:00PM – 04:00PM	Understanding Diabetes: Healthy Eating Part 1
Jan. 10	09:30AM – 10:30AM	Living Well in the Community: Physical Activity
Jan. 10	03:00PM – 04:00PM	Mindful Living: Controlling Stress
Jan. 17	09:30AM – 10:30AM	Quitting Tobacco – Where to Start?
Jan. 17	11:00AM – 12:00PM	Becoming a Mom: Breastfeeding Basics
Jan. 17	03:00PM – 04:00PM	Understanding Diabetes: Healthy Eating Part 2
Jan. 24	09:30AM – 10:30AM	Living Well in the Community: Advocacy
Jan. 24	11:00AM – 12:00PM	Mindful Living: Relaxation Techniques
Jan. 31	11:00AM – 12:00PM	Becoming a Mom: Postpartum Care
Jan. 31	03:00PM – 04:00PM	Understanding Diabetes: Being Active

Location: Desert Hot Springs Family Resource Center
 14-320 Palm Drive
 Desert Hot Springs, CA 92240

To learn more, contact:

IEHP Member services 1-800-440-IEHP (4347) or register online from your My IEHP Health Account (or create a new account) at www.iehp.org or [IEHP - Community Resources : Community Events](#)





SALUD Y BIENESTAR

¡Venga a acompañarnos!



Clases de educación de salud en enero

Translation Available

Jan. 3	01:30PM – 02:30PM	Corazón sano: Introducción al corazón sano
Jan. 10	11:00AM – 12:00PM	Respira bien, vive bien: Controla tu asma
Jan. 10	01:30PM – 02:30PM	Vida sana: Conocimiento sobre alimentos, tamaños de porciones
Jan. 17	01:30PM – 02:30PM	Corazón sano: controle su presión arterial
Jan. 24	01:30PM – 02:30PM	Vida saludable: etiquetas de los alimentos y compras inteligentes
Jan. 24	03:00PM – 04:00PM	Comprender la diabetes: Introducción a la diabetes
Jan. 31	09:30AM – 10:30AM	Directivas medicas: Mi vida, mi elección
Jan. 31	01:30PM – 02:30PM	Corazón sano: controle su colesterol

Lugar: Desert Hot Springs Family Resource Center
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Para más información, comuníquese con:

Servicios para Miembros de IEHP 1-800-440-IEHP (4347). También puede inscribirse en línea desde Mi Cuenta de Salud de IEHP (o cree una cuenta nueva) en www.iehp.org o [IEHP - Recursos Comunitarios : Eventos comunitarios](#)

