

2018 JUNE

UPCOMING EVENTS

WEDNESDAY
6 Senior Health Class
10:00am – 11:00am




SATURDAY
16 Fit Food Fair
10:00am – 12:00pm

THURSDAY
21 Stress Management Class
9:00am – 10:00am

GET HEALTHY, GUYS

Lifestyle changes can help prevent many health conditions that commonly affect men: **see your doctor regularly, watch your waist, and if you're dealing with something like depression or anxiety, don't hold it in.**

June's best: Cucumbers
Cucumbers are high in water and fiber which makes them great for digestion. Try this **Cucumber Mint Smoothie**: Blend 1 cucumber, peeled and sliced, ¼ cup unsweetend almond milk, 3 large mint leaves, 1 tbsp flaxseed, ½ tsp honey and 1 cup of ice. Enjoy!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
  			We are located at: 470 N Hawaiian Ave Wilmington, CA (424) 212-5640		1	2
Website: www.providence.org/cacommunityhealth Email: WellnessAndActivityCenter@providence.org			<i>*Activities are part of SBCC's Community Connection Groups</i> <i>**CF – CalFresh Enrollment Assistant</i>		Yoga 8:30-10:00am* Groceryships - Nutrition Class 9:00-11:00am Parent Support Group 9:30-11:30am Aerobics 10:00-11:00am Zumba 6:00-7:00pm	
4	5	6	7	8	9	
Health Insurance/CF** 8:00-12:00pm Kickboxing 10:00am -11:00am Arts & Crafts 9:00-11:00am Zumba 6:00-7:00pm	Health Insurance/CF** 8:00-4:30pm Senior Exercise 9:00-10:00am Kickboxing 10:00am -11:00am Zumba 6:00-7:00pm Guitar Class-Kids * 6:00-7:30pm	Health Insurance/CF** 8:00-4:30pm Cooking Class 9:00-11:00am Senior Health Class 10:00-11:00am Zumba 6:00-7:00pm	Health Insurance/CF** 8:00-4:30pm Kickboxing 10:00-11:00am Zumba 6:00-7:00pm Guitar Class-Adults * 6:00-7:30pm Aztec Dance 7:00-8:30pm	Yoga 8:30-10:00am* Groceryships - Nutrition Class 9:00-11:00am Parent Support Group 9:30-11:30am Aerobics 10:00-11:00am Zumba 6:00-7:00pm		
11	12	13	14	15	16	
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18	19	20	21	22	23	
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25	26	27	28	29	30	
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2018 JUNIO

PROXIMOS EVENTOS

MIÉRCOLES
6 Clase de Salud Para Seniors
10:00am – 11:00am

SABADO
10 Feria de Nutrición y Salud
10:00am – 12:00pm

JUEVES
21 Clase de Manejo del Estrés
9:00am – 10:00am

Hombres, pónganse en forma

Los cambios de estilo de vida pueden prevenir muchas de las condiciones de salud que afectan a los hombres con frecuencia: **visite a su médico con regularidad, cuide su cintura, y si esta lidiando con algún problema de depresión o ansiedad, no se lo guarde para usted, busca ayuda.**

El mejor de junio: Pepinos

Los pepinos son ricos en agua y fibra, lo que los hace ideales para la digestión. Pruebe este **licuado de pepino de menta**: Mezcla 1 pepino, pelado y rebanado, ¼ taza de leche de almendras sin azúcar, 3 hojas de menta, 1 cucharada de linaza, ½ cucharadita de miel y 1 taza de hielo. ¡Disfrutar!

lunes	martes	miércoles	jueves	viernes	sábado
<p>Website: www.providence.org/cacommunityhealth</p> <p>Email: WellnessAndActivityCenter@providence.org</p>			<p>*Actividades son parte de SBCC Grupos de Conexión Comunitaria **CF – CalFresh/Estampias de comida</p>		<p>1</p> <p>Yoga 8:30-10:00am* Groceryships – Clase de Nutrición 9:00-11:00am Grupo de Apoyo Padres 9:30-11:30am Aerobics 10:00-11:00am Zumba 6:00-7:00pm</p>
<p>4</p> <p>Seguros Médicos/CF** 8:00-12:00pm Kickboxing 10:00am -11:00am Clase de Manualidades 9:00-11:00am Zumba 6:00-7:00pm</p>	<p>5</p> <p>Seguros Médicos/CF** 8:00-4:30pm Ejercicio Tercera Edad 9:00-10:00am Kickboxing 10:00am -11:00am Zumba 6:00-7:00pm Clase de Guitara – Niños* 6:00-7:30pm</p>	<p>6</p> <p>Seguros Médicos/CF** 8:00-4:30pm Clase de Cocina 9:00-11:00am Clase de Salud para Seniors 10:30-11:30am Zumba 6:00-7:00pm</p>	<p>7</p> <p>Seguro Medico/CF** 8:00-4:30pm Kickboxing 10:00-11:00am Zumba 6:00-7:00pm Clase de Guitara – Adultos* 6:00-7:30pm Danza Azteca 7:00-8:30pm</p>	<p>8</p> <p>Yoga 8:30-10:00am* Groceryships – Clase de Nutrición 9:00-11:00am Grupo de Apoyo Padres 9:30-11:30am Aerobics 10:00-11:00am Zumba 6:00-7:00pm</p>	<p>9</p>
<p>11</p> <p>Seguros Médicos/CF** 8:00-12:00pm Campamento para Niños 8:30-2:00pm Kickboxing 10:00am -11:00am Clase de Manualidades 9:00-11:00am Zumba 6:00-7:00pm</p>	<p>12</p> <p>Seguros Médicos/CF** 8:00-4:30pm Campamento para Niños 8:30-2:00pm Ejercicio Tercera Edad 9:00-10:00am Kickboxing 10:00am -11:00am Zumba 6:00-7:00pm Clase de Guitara – Niños* 6:00-7:30pm</p>	<p>13</p> <p>Seguros Médicos/CF** 8:00-4:30pm Campamento para Niños 8:30-2:00pm Clase de Cocina 9:00-11:00am Ejercicio Tercera Edad 10:00-11:00am Zumba 6:00-7:00pm</p>	<p>14</p> <p>Seguro Medico/CF** 8:00-4:30pm Campamento para Niños 8:30-2:00pm Kickboxing 10:00-11:00am Clase de Guitara – Adultos* 6:00-7:30pm Danza Azteca 7:00-8:30pm</p>	<p>15</p> <p>Yoga 8:30-10:00am* Campamento para Niños 8:30-2:00pm Groceryships – Clase de Nutrición 9:00-11:00am Grupo de Apoyo Padres 9:30-11:30am Aerobics 10:00-11:00am Zumba 6:00-7:00pm</p>	<p>16</p> <p>Feria de Nutrición y Salud 10:00-12:00pm</p>
<p>18</p> <p>Seguros Médicos/CF** 1:00-4:30pm Kickboxing 10:00am -11:00am Clase de Manualidades 9:00-11:00am Zumba 6:00-7:00pm</p>	<p>19</p> <p>Seguros Médicos/CF** 8:00-4:30pm Ejercicio Tercera Edad 9:00-10:00am Kickboxing 10:00am -11:00am Zumba 6:00-7:00pm Clase de Guitara – Niños* 6:00-7:30pm</p>	<p>20</p> <p>Seguros Médicos/CF** 8:00-4:30pm Clase de Cocina 9:00-11:00am Ejercicio Tercera Edad 10:00-11:00am Zumba 6:00-7:00pm</p>	<p>21</p> <p>Seguro Medico/CF** 8:00-4:30pm Clase de Manejo del Estrés 9:00-10:00am Kickboxing 10:00-11:00am Zumba 6:00-7:00pm Clase de Guitara – Adultos* 6:00-7:30pm Danza Azteca 7:00-8:30pm</p>	<p>22</p> <p>Yoga 8:30-10:00am* Groceryships – Clase de Nutrición 9:00-11:00am Grupo de Apoyo Padres 9:30-11:30am Aerobics 10:00-11:00am Zumba 6:00-7:00pm</p>	<p>23</p> <p>Evento Comunitario BSF 11:00-3:00pm</p>
<p>25</p> <p>Seguros Médicos/CF** 8:00-12:00pm Kickboxing 10:00am -11:00am Clase de Manualidades 9:00-11:00am Zumba 6:00-7:00pm</p>	<p>26</p> <p>Seguros Médicos/CF** 8:00-4:30pm Ejercicio Tercera Edad 9:00-10:00am Kickboxing 10:00am -11:00am Zumba 6:00-7:00pm Clase de Guitara – Niños* 6:00-7:30pm</p>	<p>27</p> <p>Seguros Médicos/CF** 8:00-4:30pm Clase de Cocina 9:00-11:00am Ejercicio Tercera Edad 10:00-11:00am Zumba 6:00-7:00pm</p>	<p>28</p> <p>Seguro Medico/CF** 8:00-4:30pm Kickboxing 10:00-11:00am Clase de Guitara – Adultos* 6:00-7:30pm Danza Azteca 7:00-8:30pm</p>	<p>29</p> <p>Yoga 8:30-10:00am* Groceryships – Clase de Nutrición 9:00-11:00am Grupo de Apoyo Padres 9:30-11:30am Aerobics 10:00-11:00am Zumba 6:00-7:00pm</p>	<p>30</p>