

To protect our community's health during COVID-19, our CRC's are offering virtual classes. There are 2 ways to join!



Go to Facebook and search **IEHP CRC** to join **LIVE** classes!

OR



Download **Cisco Webex Meetings** on your Apple or Android smartphone.

Enter the **Meeting Code** for the class you choose and password **12345**.

If you have any questions on how to access our classes, call **1-866-228-4347**, or **711** for TTY users.

July 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<p>WebEX Links: Apple Users: https://apps.apple.com/us/app/cisco.webex.meetings/id298844386 Android Users: https://play.google.com/store/apps/details?id=com.cisco.webex.meetings PC Users: https://www.webex.com/</p> <p>Facebook Links: Community Resource Center Victorville https://www.facebook.com/Victorville-Community-Resource-Center-100572088003315/ Community Resource Center Riverside https://www.facebook.com/IEHPCRCRiverside/ Community Resource Center San Bernardino https://www.facebook.com/sanbernardinocrc/</p> <p>WebEX Password for all classes: 12345</p>				
		<p>1 9am-9:45am Book Club (3rd-4th) WebEX: 806 432 390 9am-10am Full Body Workout WebEX: 800 989 664 10am-11am Strength & Conditioning WebEX: 133 441 2741 11am-12pm Family Yoga WebEX: 288 743 731 11am-12pm Living Well with a Disability WebEX: 133 9868928 12pm-1pm Kids Yoga WebEX: 133 673 8994 1pm-2pm Wellness During COVID 19-English WebEX: 133 088 4590 1:30pm-2pm Turbo Box WebEX: 133 217 2999 3pm-4pm Wellness During COVID19-Spanish WebEX: 133 042 4770 4pm-5pm PiYo WebEX: 282 690 770</p>	<p>2 9am-10am Yoga WebEX: 804 471 515 10am-11am Meditation – Spanish WebEX: 802 659 246 11am-12pm Meditation – English WebEX: 809 705 839 12pm-1pm Sign & Sweat 🙌 WebEX: 809 883 591 1pm-2pm Resume Writing WebEX: 133 508 9831 2pm-3pm I'm Important (Self-Care) WebEX: 133 258 5696 3pm-4pm Yoga for Seniors WebEX: 283 398 311 4pm-5pm LGBTQ Support Group WebEX: 809 493 884</p>	<p>3 </p>
<p>6 9am-9:45am Book Club (K-2) WebEX: 809 714 366 9am-10am Turbo Box WebEX: 133 572 8944 10am-11am Chair Fitness WebEX: 806 696 444 11am-12pm Family Yoga* WebEX: 806 213 435 <i>*WebEX only</i> 1pm-2pm Dance Party WebEX: 282 725 441 1pm-2pm Diabetes WebEX: 133 459 2702 2pm-3pm Diabetes-Spanish WebEX: 133 216 1283 2pm-3pm Family Asthma WebEX: 133 758 8147 3pm-4pm Communication Skills (Spanish) WebEX: 133 835 5637 3pm-4pm Nutrition: Eating for Energy WebEX: 133 423 9326 4pm-5pm ASL 🙌 WebEX: 800 482 632 4pm-5pm Kids Yoga WebEX: 133 821 2030</p>	<p>7 9am-10am Yoga for Seniors WebEX: 133 059 3446 10am-11am Meditation – Spanish WebEX: 802 659 246 10am-11am Gardening: Summer Vegetables WebEX: 133 398 5023 11am-12pm Meditation – English WebEX: 809 705 839 12pm-1pm Sign & Sweat 🙌 WebEX: 809 883 591 1pm-2pm Boot Camp Fitness WebEX: 133 135 9765 2pm-3pm Line Dance WebEX: 133 915 7065 3pm-3:30pm Social Hour-Spanish WebEX: 805 424 503 3:30-4pm Social Hour-English WebEX: 133 098 4231 4pm-5pm Yin Yoga WebEX: 133 119 7709</p>	<p>8 9am-9:45am Book Club (3rd-4th) WebEX: 806 432 390 9am-10am Full Body Workout WebEX: 800 989 664 10am-11am Strength & Conditioning WebEX: 133 274 9285 11am-12pm Family Yoga WebEX: 288 743 731 11am-12pm Living Well with a Disability WebEX: 133 986 8928 12pm-1pm Making Your Money Work for You WebEX: 133 724 8792 1pm-2pm Nailed It!!! Cook With Us- Pasta Edition! WebEX: 133 963 0015 2pm-3pm Turbo Box WebEX: 133 217 2999 3pm-4pm Nutrition: Let's Get Physical WebEX: 133 946 4849 4pm-5pm PiYo WebEX: 282 690 770</p>	<p>9 9am-10am Yoga WebEX: 804 471 515 10am-11am Meditation – Spanish WebEX: 802 659 246 10:30am-11:30am Eat Healthy Be Active #1 (Spanish) WebEX: 133 515 2659 11am-12pm Meditation – English WebEX: 809 705 839 11am-12pm Gardening: Summer Vegetables-Spanish WebEX: 133 849 0835 12pm-1pm Sign & Sweat 🙌 WebEX: 809 883 591 1pm-2pm Eat Healthy Be Active #1 WebEX: 133 533 1923 2pm-3pm Find Your Calm #1 Spanish WebEX: 133 594 1040 2pm-3pm Communication Skills WebEX: 133 760 6950 3pm-4pm Yoga for Seniors WebEX: 283 398 311 4pm-5pm LGBTQ Support Group WebEX: 809 493 884</p>	<p>10 9am-9:45am Book Club (5th-6th) WebEX: 803 370 644 9am-10am Yoga for Seniors WebEX: 133 633 4305 10am-11am Chair Fitness WebEX: 806 696 444 11am-12pm Family Yoga WebEX: 288 743 731 12pm-12:30pm Circle Time 0-5 years WebEX: 802 938 528 12pm-1pm Tai Chi WebEX: 133 689 8272 1pm-2pm Find Your Calm #1 WebEX: 133 769 5333 2pm-2:30pm Social Hour-Spanish WebEX: 133 360 6936 2:30pm-3pm Social Hour-English WebEX: 133 919 7534 3pm-4pm Goals, Dreams and Beyond for Teens WebEX: 289 138 043 4pm-5pm Disaster Awareness Program WebEX: 133 056 2663</p>
<p>13 9am-9:45am Book Club (K-2) WebEX: 809 714 366 9am-10am Turbo Box WebEX: 133 572 8944 10am-11am Chair Fitness WebEX: 806 696 444 11am-12pm Family Yoga* WebEX: 806 213 435 <i>*WebEX only</i> 12pm-1pm Family Asthma WebEX: 133 268 1026 1pm-2pm Dance Party WebEX: 282 725 441 1pm-2pm Diabetes WebEX: 133 459 2702 2pm-3pm Diabetes (Spanish) WebEX: 133 216 1283 3pm-4pm My Life, My Choice-English WebEX: 133 321 7931 3pm-4pm Nutrition: Dessert Bar WebEX: 133 712 2265 4pm-5pm ASL 🙌 WebEX: 800 482 632 4pm-5pm Kids Yoga WebEX: 133 821 2030</p>	<p>14 9am-10am Yoga for Seniors WebEX: 133 059 3446 10am-11am Meditation – Spanish WebEX: 802 659 246 10am-11am Gardening: Health and Berries WebEX: 133 892 6129 11am-12pm Meditation – English WebEX: 809 705 839 12pm-1pm Sign & Sweat 🙌 WebEX: 809 883 591 1pm-2pm Boot Camp Fitness WebEX: 133 135 9765 2pm-3pm Line Dance WebEX: 133 915 7065 3pm-3:30pm Social Hour-Spanish WebEX: 805 424 503 3:30-4pm Social Hour-English WebEX: 133 098 4231 4pm-5pm Yin Yoga WebEX: 133 119 7709</p>	<p>15 9am-9:45am Book Club (3rd-4th) WebEX: 806 432 390 9am-10am Full Body Workout WebEX: 800 989 664 10am-11am Strength & Conditioning WebEX: 133 514 5731 11am-12pm Family Yoga WebEX: 288 743 731 11am-12pm Living Well with a Disability WebEX: 133 986 8928 12pm-1pm Denti-Cal Benefits WebEX: 133 743 7825 1pm-2pm Let's Draw! Creating a Mind Map (12-19 years) WebEX: 133 725 7138 2pm-3pm Turbo Box WebEX: 133 217 2999 3pm-4pm Access to Care for IEHP Members WebEX: 133 830 7415 4pm-5pm PiYo WebEX: 282 690 770</p>	<p>16 9am-10am Yoga WebEX: 804 471 515 10am-11am Meditation – Spanish WebEX: 802 659 246 10:30am-11:30am Eat Healthy Be Active #2 (Spanish) WebEX: 133 515 2659 11am-12pm Meditation – English WebEX: 809 705 839 11am-12pm Gardening: Health and Berries-Spanish WebEX: 133 978 2398 12pm-1pm Sign & Sweat 🙌 WebEX: 809 883 591 1pm-2pm Eat Healthy Be Active #2 WebEX: 133 533 1923 2pm-3pm Find Your Calm #2 Spanish WebEX: 133 594 1040 2pm-3pm Coping with Trauma WebEX: 133 061 7350 3pm-4pm Yoga for Seniors WebEX: 283 398 311 4pm-5pm LGBTQ Support Group WebEX: 809 493 884</p>	<p>17 9am-9:45am Book Club (5th-6th) WebEX: 803 370 644 9am-10am Yoga for Seniors WebEX: 133 633 4305 10am-11am Chair Fitness WebEX: 806 696 444 11am-12pm Family Yoga WebEX: 288 743 731 12pm-12:30pm Circle Time 0-5 years WebEX: 802 938 528 12pm-1pm Tai Chi WebEX: 133 689 8272 1pm-2pm Find Your Calm #2 WebEX: 133 769 5333 2pm-2:30pm Social Hour-Spanish WebEX: 133 360 6936 2:30pm-3pm Social Hour-English WebEX: 133 919 7534 3pm-4pm Goals, Dreams and Beyond for Teens WebEX: 289 138 043 4pm-5pm Access to Care for IEHP Members WebEX: 133 729 4009</p>
<p>20 9am-9:45am Book Club (K-2) WebEX: 809 714 366 9am-10am Turbo Box WebEX: 133 572 8944 10am-11am Chair Fitness WebEX: 806 696 444 11am-12pm Family Asthma WebEX: 133 584 7843 11am-12pm Family Yoga* WebEX: 806 213 435 <i>*WebEX only</i> 12pm-1pm Resume Writing WebEX: 133 855 8992 1pm-2pm Dance Party WebEX: 282 725 441 1pm-2pm Diabetes WebEX: 133 459 2702 2pm-3pm Diabetes (Spanish) WebEX: 133 216 1283 3pm-4pm Coping with Trauma (Spanish) WebEX: 133 273 7767 3pm-4pm Nutrition: Summertime Smoothies WebEX: 133 902 7431 4pm-5pm ASL 🙌 WebEX: 800 482 632 4pm-5pm Kids Yoga WebEX: 133 821 2030</p>	<p>21 9am-10am Yoga for Seniors WebEX: 133 059 3446 10am-11am Meditation – Spanish WebEX: 802 659 246 10am-11am Gardening: Making Fun Gardens WebEX: 133 526 6210 11am-12pm Meditation – English WebEX: 809 705 839 12pm-1pm Sign & Sweat 🙌 WebEX: 809 883 591 1pm-2pm Boot Camp Fitness WebEX: 133 135 9765 2pm-3pm Line Dance WebEX: 133 915 7065 3pm-3:30pm Social Hour-Spanish WebEX: 805 424 503 3:30-4pm Social Hour-English WebEX: 133 098 4231 4pm-5pm Yin Yoga WebEX: 133 119 7709 4pm-5pm Access to Care for IEHP Members WebEX: 133 857 1918</p>	<p>22 9am-9:45am Book Club (3rd-4th) WebEX: 806 432 390 9am-10am Full Body Workout WebEX: 800 989 664 10am-11am Strength & Conditioning WebEX: 133 857 7907 11am-12pm Living Well with a Disability WebEX: 133 986 8928 11am-12pm Family Yoga WebEX: 288 743 731 1pm-2pm Fur Friendly Hour (12-19 years) WebEX: 133 437 4189 2pm-3pm Turbo Box WebEX: 133 217 2999 3pm-4pm Nutrition: Let's Get Physical-Spanish WebEX: 133 689 6708 4pm-5pm PiYo WebEX: 282 690 770</p>	<p>23 9am-10am Yoga WebEX: 804 471 515 10am-11am Meditation – Spanish WebEX: 802 659 246 10:30am-11:30am Eat Healthy Be Active #3 - Spanish WebEX: 133 515 2659 11am-12pm Meditation – English WebEX: 809 705 839 11am-12pm Gardening: Making Fun Gardens-Spanish WebEX: 133 100 5974 12pm-1pm Sign & Sweat 🙌 WebEX: 809 883 591 1pm-2pm Eat Healthy Be Active #3 WebEX: 133 533 1923 2pm-3pm Find Your Calm #3 Spanish WebEX: 133 594 1040 2pm-3pm Cultural Competence WebEX: 133 331 8137 3pm-4pm Yoga for Seniors WebEX: 283 398 311 4pm-5pm LGBTQ Support Group WebEX: 809 493 884</p>	<p>24 9am-9:45am Book Club (5th-6th) WebEX: 803 370 644 9am-10am Yoga for Seniors WebEX: 133 633 4305 10am-11am Chair Fitness WebEX: 806 696 444 11am-12pm Family Yoga WebEX: 288 743 731 12pm-12:30pm Circle Time 0-5 years WebEX: 802 938 528 12pm-1pm Tai Chi WebEX: 133 689 8272 1pm-2pm Find Your Calm #3 WebEX: 133 769 5333 2pm-2:30pm Social Hour-Spanish WebEX: 133 360 6936 2:30pm-3pm Social Hour-English WebEX: 133 919 7534 3pm-4pm Goals, Dreams and Beyond for Teens WebEX: 289 138 043 4pm-5pm Access to Care for IEHP Members WebEX: 133 729 4009</p>
<p>27 9am-9:45am Book Club (K-2) WebEX: 809 714 366 9am-10am Turbo Box WebEX: 133 572 8944 10am-11am Chair Fitness WebEX: 806 696 444 11am-12pm Family Yoga* WebEX: 806 213 435 <i>*WebEX only</i> 12pm-1pm Family Asthma WebEX: 133 268 1026 1pm-2pm Dance Party WebEX: 282 725 441 1pm-2pm Diabetes WebEX: 133 459 2702 2pm-3pm Diabetes (Spanish) WebEX: 133 216 1283 3pm-4pm Cultural Competence (Spanish) WebEX: 133 378 6210 3pm-4pm Nutrition: Nice Cream WebEX: 133 995 1705 4pm-5pm ASL 🙌 WebEX: 800 482 632 4pm-5pm Kids Yoga WebEX: 133 821 2030</p>	<p>28 9am-10am Yoga for Seniors WebEX: 133 059 3446 10am-11am Meditation – Spanish WebEX: 802 659 246 10am-11am Gardening: Succulents WebEX: 133 061 0884 11am-12pm Meditation – English WebEX: 809 705 839 12pm-1pm Sign & Sweat 🙌 WebEX: 809 883 591 1pm-2pm Boot Camp Fitness WebEX: 133 135 9765 2pm-3pm Line Dance WebEX: 133 915 7065 3pm-3:30pm Social Hour-Spanish WebEX: 805 424 503 3:30-4pm Social Hour-English WebEX: 133 098 4231 4pm-5pm Yin Yoga WebEX: 133 119 7709 4pm-5pm Access to Care for IEHP Members WebEX: 133 857 1918</p>	<p>29 9am-9:45am Book Club (3rd-4th) WebEX: 806 432 390 9am-10am Full Body Workout WebEX: 800 989 664 10am-11am Strength & Conditioning WebEX: 133 517 2893 11am-12pm Living Well with a Disability WebEX: 133 986 8928 11am-12pm Family Yoga WebEX: 288 743 731 12pm-1pm Denti-Cal Benefits-Spanish WebEX: 133 040 0105 1pm-2pm My Life My Choice Spanish WebEX: 133 432 3696 2pm-3pm Turbo Box WebEX: 133 217 2999 4pm-5pm PiYo WebEX: 282 690 770</p>	<p>30 9am-10am Yoga WebEX: 804 471 515 10am-11am Meditation – Spanish WebEX: 802 659 246 11am-12pm Meditation – English WebEX: 809 705 839 11am-12pm Gardening: Succulents -Spanish WebEX: 133 298 1366 12pm-1pm Sign & Sweat 🙌 WebEX: 809 883 591 3pm-4pm Yoga for Seniors WebEX: 283 398 311 4pm-5pm LGBTQ Support Group WebEX: 809 493 884</p>	<p>31 9am-9:45am Book Club (5th-6th) WebEX: 803 370 644 9am-10am Yoga for Seniors WebEX: 133 633 4305 10am-11am Chair Fitness WebEX: 806 696 444 11am-12pm Family Yoga WebEX: 288 743 731 12pm-12:30pm Circle Time 0-5 years WebEX: 802 938 528 12pm-1pm Tai Chi WebEX: 133 689 8272 1pm-2pm Find Your Calm #3 WebEX: 133 769 5333 2pm-2:30pm Social Hour-Spanish WebEX: 133 360 6936 2:30pm-3pm Social Hour-English WebEX: 133 919 7534 3pm-4pm Goals, Dreams and Beyond for Teens WebEX: 289 138 043 4pm-5pm Access to Care for IEHP Members WebEX: 133 729 4009</p>