

## September and October 2018

### Community Health Department Programs and Screenings

#### Heart H.E.L.P.

- Heart Disease education for people with high blood pressure, high lipids, heart disease and stroke
  - Classes meet for 5 weeks, 2 hours each week
  - Learn about: Reducing Risk Factors for Heart Disease, Nutrition & Exercise, and Weight Management
- Receive free testing for: Blood Pressure , cholesterol, diabetes, and body Mass Index (BMI)

DATE	TIME	EVENT	LOCATION
9.4.18	8:30 A.M.	Heart HELP ( Spanish)	<b>Thomas Edison Middle School</b> 6500 S. Hooper Ave. Los Angeles, CA 90001
10.3.19	8:30 A.M.	Heart HELP ( Spanish)	<b>La Salle Ave. Elementary School</b> 8715 La Salle Ave. Los Angeles, CA 90047
10.4.18	8:00 A.M.	Heart HELP ( Spanish)	<b>Miramonte Elementary School</b> 1400 E. 68 <sup>th</sup> St. Los Angeles, CA 90001
10.5.18	8:00 A.M.	Heart HELP ( Spanish)	<b>Ambassador School of Global Education</b> 3201 W. 8 <sup>th</sup> St. Los Angeles, CA 90005
10.8.18	8:30 A.M.	Heart HELP (Spanish)	<b>Dr. Maya Angelou Community High School</b> 300 E. 53 <sup>rd</sup> St. Los Angeles, CA 90011
8.16.18	8:30 A.M.	Heart HELP (Bilingual)	<b>Compton Ave. Elementary School</b> 1515 E. 104 <sup>th</sup> St. Los Angeles, CA 90002

**For more information or to register, please call Irma Radillo at 213.742.5838**

## Health Screenings

- Free health screenings. Registered nurse will discuss results with you during screening session.
  - Blood Pressure
  - Cholesterol
  - Diabetes
  - Body Mass Index (BMI)

DATE	TIME	EVENT	LOCATION
9.5.18	7:00 a.m. to 11:00 a.m.	Health Screenings	<b>CARECEN</b> 1675 Wilshire Blvd Los Angeles, CA 90017
9.6.18	10:00 a.m. to 1:00 p.m.	Health Screenings	<b>Angelica Lutheran Church</b> 1345 S. Burlington Avenue Los Angeles, CA 90006

For more information or to register, please call Tony Ornelas at 213.742.5762.

## Diabetes Empowerment Education Program (DEEP)

- Free educational classes to help people with pre-diabetes, diabetes, relatives and caregivers gain a better understanding of diabetes self-care.
  - Classes meet for 6 weeks, 2 hours a week
- Learn about: Improving and Maintaining Quality of Life, Preventing Complications and Disabilities, Increasing Physical Activity, Developing Self-care Skills, and Improving Relationships

DATE	TIME	EVENT	LOCATION
10.16.18	8:30 a.m. to 10:30 a.m.	DEEP (Spanish)	<b>Hope Street Margolis Family Center</b> 1600 South Hope Street Los Angeles, CA 90015
10.19.18	10:00 a.m. to 1:00 p.m.	DEEP (Spanish)	<b>Quincy Jones Elementary School</b> 900 E 33rd St Los Angeles, CA 90011

For more information or to register, please call Barbara Gonzalez at 213.742.5553.