

Virtual Wellness Classes



The holiday season is a time to celebrate and enjoy the company of family and friends. It can be a joyous time of the year but unfortunately, it can also be a time of elevated stress and weight gain. This presentation will provide tips on how to find a healthy approach to holiday eating, physical activity, stress management and self-care.

To register, call:

(562) 580-6094, 8:30 a.m. – 5 p.m.,
Monday - Friday

For more information, call Customer Care:

L.A. County Medi-Cal members
(800) 605-2556 (TTY: 711), 8 a.m. – 6 p.m.,
Monday – Friday

San Diego County Medi-Cal members
(855) 699-5557 (TTY: 711), 8 a.m. - 6 p.m.,
Monday – Friday

Join us:

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