



Health Education Class Schedule

April 2010						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3 (ASK Program) Computer Training 8:30am-4:30pm Margarita Lopez
4	5	6	7	8 Hygiene 10:00am-11:00am Samantha Ramirez, LVN	9 Physical Exercise 10:00am-11:00am Marcella Pabros-Clark	10 (ASK Program) Computer Training 8:30am-4:30pm Margarita Lopez
11	12	13 Stress Management 10:00am-11:00am Kristine Magatm MPH, LCSW	14 Chest Pain 10:00am-11:00am Samantha Ramirez, LVN	15	16 KALI Exercise 10:00am-11:00am Jeanette Sayno Kidney, UT, and Liver 2:00pm-3:00pm Jeffrey Dela Cruz	17
18	19	20 Oral Health 10:00am-11:00am Annabell Chu, D.M.D.	21	22 Constipation 10:00am-11:00am Samantha Ramirez, LVN	23 KALI Exercise 10:00am-11:00am Jeanette Sayno Congestive Heart Failure 11:00am-12:00pm Samantha Ramirez, LVN	24 (ASK Program) ASK Seminar Organizational Meeting 2:00-5:00pm Cooking Healthy Food Demonstration 5-8:00pm @Kapistahan Grill
25	26	27 Elder Law Resources 10:00am-11:00am Sherwin Shakramy	28	29	30 KALI Exercise 10:00am-11:00am Jeanette Sayno Ulcer 11:00am-12:00pm Samantha Ramirez, LVN	