



# Health Education Class Schedule

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