

# Free virtual health education classes

Anthem health educators can help you improve your health.

## March

Monday	Tuesday	Wed	Thursday	Friday	Sat
1	2	3	4	5	6
8	9	10 <a href="#">Healthy Eating; General Nutrition</a> 3:00PM	11 <a href="#">Comiendo Saludable; Nutrición General</a> 3:00PM	12	13
15	16	17 <a href="#">Children's Nutrition</a> 3:00PM	18 <a href="#">Nutrición Para Niños</a> 3:00PM	19	20
22	23	24 <a href="#">Nutrition for Chronic Illness</a> 3:00PM	25 <a href="#">Nutrición de Enfermedades Crónicas</a> 3:00PM	26	27



### How to register:

1. Click registration links in the calendar.

Contact (559)331-4360 for any questions or for help with registration.

Classes are open to Anthem members and the community.

Anthem members can receive a special benefit. You can call Customer Care Center at 1-800-407-4627 for a free one-on-one session with a health educator.



<Do you need help with your health care, talking with us or reading what we send you? We provide our materials in other languages and formats, including Braille, large print and audio at no cost to you. Call us toll-free at 1-888-285-7801 (TTY 711) (Los Angeles County); 1-800-407-4627 (TTY 1-888-757-6034) (Medi-Cal).>

¿Necesita ayuda con su cuidado de la salud, para hablar con nosotros o leer lo que le enviamos? Proporcionamos nuestros materiales en otros idiomas y formatos, incluyendo Braille, letras grandes y audio sin costo para usted. Llámenos a la línea gratuita al 1-888-285-7801 (TTY 711) (Los Angeles County); 1-800-407-4627 (TTY 1-888-757-6034) (Medi-Cal).

您在醫療保健、向我們諮詢、或是閱讀我們寄給您的資料時有需要任何的幫助嗎？我們以其他語言和格式提供我們的資料，包括點字、大型字體印刷和音訊格式，您無需支付任何費用。請撥打免費電話1-888-285-7801 (TTY 711) (Los Angeles County); 1-800-407-4627 (TTY 1-888-757-6034) (Medi-Cal)。>

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