



November 2017 Health & Wellness



Fitness

Zumba

Nogales Women's Club

Thursday 9:00-10:00am

Friday 10:00-11:00am

Aerobics

Nogales Women's Club

Monday & Wednesday 9:30-10:30am

Dinobones Oct 3/10/17

Tuesday & Thursday 9:00-10:00am

Thursday 9:00-10:00am



Mind/Body

Yoga

Nogales Women's Club

Wednesday 10:30-11:30am

Friday 11:00-12:00pm

Dinobones

Wednesday & Friday 8:30-9:30am

Consulado de México

Tuesday 10:30-11:30 am & 5:30-6:30 pm

Tai Chi (RRFD)

Bowman Senior Residences

Thursday 9:00-10:00am



Health Improvement

Su Corazon Su Vida Chronic Disease Prevention

A course of 5 classes for prevention of heart attack

Consulado de México

Tuesday 9:30-10:30am

La Vida Buena

4 Healthy eating/active classes for ages 11-14yrs

Bowman Senior Residences Nov 11/13/20/27 5:30-7:30PM

Immunizations 0-18 years call for appointments on the same day

Mariposa Family Learning Center 3rd Wednesday of month



Well Women

If Eligible, You May Receive:

Clinical Breast

Exams/Mammogram/Pap

Test/Pelvic Exam

For more information contact

Lupita Ugarte x1252/Elvia Monreal

x1269 520 375-6050



Happy Smile

Dates Subject to Change

Dental screening for kids 0-5 yrs. & pregnant woman

Fluoride Application for kids 0-5 yrs.

Mariposa **Nogales** Pediatric Lobby

9-12:00pm: 11/03, 11/10, 11/17, 11/24

10-12:00pm: 11/15, 11/20

1:30-3:30pm: 11/06, 11/27

Mariposa **Rio Rico** Lobby

10:30-11:30 11/13

Challenger Preschool 11/09 9-10am & 1-1:30pm

For more information call 520 375-6050



Classes

Citizenship Classes

Consulado General de México Thursday 8:30-10:30am

Rio Rico Community Center Tuesday 10:00-12:00pm

English Level 1

Mariposa Family Learning Center 520 287-3330

Monday 10:00-12:00pm/4:00-5:30pm

Tuesday 3:00-4:30pm

Friday 10:00-12:00pm

English Level 2

Mariposa Family Learning Center 520 287-3330

Wednesday 8:00-10:00am

Thursday 9:00-11:00am

English Level III

Mariposa Family Learning Center 520 287-3330

Monday & Tuesday 8:00-9:30am

Prenatal

Mariposa Family Learning Center 520 287-3330

Wednesday 5:30-7:00pm 11/8,11/15,11/27,11/29

GED

Mariposa Family Learning Center 520 287-3330

Wednesday 10:00-12:00pm

Friday 9:00-10:00am

Happiest Baby on the Block

Techniques for soothing your infant 11/9 10:00-12:00pm

Mariposa Family Learning Center 520 287-3330



Breast Cancer

Juntos Contra el Cáncer

Access to care/Treatment/Patient

Navigation/Survivorship

Support Group

4th Tuesday of every month,

For more information contact Conchita

Somoza 520 375-6050

Platicamos Salud also offers additional Programs: Tobacco Cessation; Personal Responsibility Education (iCuidate!), Nutrition Counseling, Oyendo Bien, Maternal & Child Health, Asthma Education & Diabetes Education, Community Senior Food Program to name a few.

All classes are free of charge. For latest information, call (520) 375-6050



Noviembre 2017 Salud Y Bienestar



Aptitud

Zumba

Nogales Women's Club

Jueves 9:00-10:00am

Viernes 10:00-11:00am

Aerobics

Nogales Women's Club

Lunes Y Miércoles 9:30-10:30am

Dinobones Oct 3/10/17

Martes Y Jueves 9:00-10:00am

Jueves 9:00-10:00am



Mente Y Cuerpo

Yoga

Nogales Women's Club

Miércoles 10:30-11:30am

Viernes 11:00-12:00pm

Dinobones

Miércoles Y Viernes 8:30-9:30am

Consulado de México

Martes 10:30-11:30 am & 5:30-6:30 pm

Tai Chi (RRFD)

Bowman Senior Residences

Jueves 9:00-10:00am



Mejora de Salud

Su Corazón Su Vida *Prevención de Enfermedades Crónicas*

Un curso de 5 clases para prevención de ataque al corazón

Consulado de México

Martes 9:30-10:30am

La Vida Buena

Clases activas de nutrición de 11-14 años

Bowman Senior Residences Nov 13/20/27 5:30-7:30PM

Vacunas para 0-18 años con previa cita llamar mismo día

Mariposa Family Learning Center 3er miércoles del mes



Programa de la Mujer

Si eligible recibirá:

**Exámenes clínicos de
mama/Mamografía/Prueba de
Papanicolaou/Examen Pélvico**

Para más información contacte

Lupita Ugarte x1252/Elvia Monreal

x1269 520 375-6050



Happy Smile

Fechas y Horas sujeto a cambios

Revisión Bucal para niños 0-5 y embarazadas

Aplicación de Fluido para niños de 0-5

Mariposa Nogales Pediatric Lobby

9-12:00pm: 11/03, 11/10, 11/17, 11/24

10-12:00pm: 11/15, 11/20

1:30-3:30pm: 11/06, 11/27

Mariposa Rio Rico Lobby

10:30-11:30 11/13

Challenger Preschool 11/09 9-10am & 1-1:30pm



Classes

Clases de Ciudadania

Consulado General de México Jueves 8:30-10:30am

Rio Rico Community Center Martes 10:00-12:00pm

Ingles Nivel I

Mariposa Family Learning Center 520 287-3330

Lunes 10:00-12:00pm/3:00-4:30pm

Martes 3:00-4:30pm

Viernes 10:00-12:00pm

Ingles Nivel II

Mariposa Family Learning Center 520 287-3330

Miércoles 8:00-10:00am

Jueves 9:00-11:00am

Ingles Nivel III

Mariposa Family Learning Center 520 287-3330

Lunes y Martes 8:00-9:30am

Clases de Prenatal

Mariposa Family Learning Center 520 287-3330

Miércoles 5:30-7:00pm 11/8,11/15,11/27,11/29

Clases de GED

Mariposa Family Learning Center 520 287-3330

Miércoles 10:00-12:00pm

Viernes 9:00-10:00am

Él bebe más feliz de la cuadra Técnicas de como calmar a su bebe

Mariposa Family Learning Center 520 287-3330

11/9 10:00-12:00pm



Cancer de Mama

Juntos Contra el Cáncer

Acceso a atención/Tratamiento/Navegación del Paciente/Supervivencia

Grupo de Apoyo

4^{to} martes de cada mes,

Para más información contacte a

Conchita Somoza 520 375-6050

Platicamos Salud también ofrece programas adicionales como: Cese de tabaco; Educación de Responsabilidad Personal, (¡Cuidate!), Consejería Nutricional, Oyendo Bien, Salud Materno Infantil, Educación de Asma Y Diabetes, Programa Alimentario para Adultos Mayores entre otros.

Todas las clases son gratuitas. Para más información llame al (520) 375-6050