

# BSC Promise Class Schedule

To register or for more information, call BSC Promise’s Health Promotion and Education Department at **(562) 613-5118** (TTY: 711), 8:30 a.m. to 5 p.m. PT, Monday through Friday.

## April 2026

Class	Date and Time	Location	Language
<a href="#"><u>Diabetes Management</u></a> <a href="#"><u>(4 sessions)</u></a>	4/16/2026 4/23/2026 4/30/2026 5/7/2026 10:00 a.m. – 11:30 a.m.	Community Resource Center- El Monte  3570 Santa Anita Ave. El Monte, CA 91731	Mandarin
<a href="#"><u>Diabetes Management</u></a> <a href="#"><u>(4 sessions)</u></a>	4/16/2026 4/23/2026 4/30/2026 5/7/2026 1:30 p.m. – 3:00 p.m.	Community Resource Center- El Monte  3570 Santa Anita Ave. El Monte, CA 91731	Cantonese
<a href="#"><u>Blood Pressure Management</u></a> <a href="#"><u>(2 sessions)</u></a>	4/21/2026 4/28/2026 1:30 p.m. – 3:00 p.m.	Community Resource Center- West L.A.  11173 W. Pico Blvd. Los Angeles, CA 90064	English/Spanish
<a href="#"><u>Blood Pressure Management</u></a> <a href="#"><u>(2 sessions)</u></a>	4/21/2026 4/28/2026 3:00 p.m. – 4:30 p.m.	Virtual	English
<a href="#"><u>Blood Pressure Management</u></a> <a href="#"><u>(2 sessions)</u></a>	4/22/2026 4/29/2026 10:00 a.m. – 11:30 a.m.	Virtual	Cantonese

<a href="#">Asthma Management</a>	4/22/2026 11:15 a.m. - 12:45 p.m.	Community Resource Center- Panorama City  7868 Van Nuys Blvd. Panorama City, CA 91402	Spanish
<a href="#">Blood Pressure Management (2 sessions)</a>	4/22/2026 4/29/2026 2:00 p.m. – 3:30 p.m.	Virtual	Mandarin
<a href="#">Blood Pressure Management (2 sessions)</a>	4/22/2026 4/29/2026 3:00 p.m. – 4:30 p.m.	Virtual	Spanish
<a href="#">Asthma Management</a>	4/24/2026 10:15 a.m. – 11:45 a.m.	Community Resource Center- Palmdale  2072 E. Palmdale Blvd. Palmdale, CA 93550	Spanish
<a href="#">Living with Heart Failure</a>	4/27/2026 11:00 a.m. – 12:30 p.m.	Community Resource Center- Wilmington  911 N. Avalon Blvd. Wilmington, CA 90744	English/Spanish
<a href="#">Diabetes Workshop</a>	4/27/2026 5:00 p.m. – 6:30 p.m.	Virtual	English
<a href="#">Living with COPD (Chronic Obstructive Pulmonary Disease)</a>	4/27/2026 2:00 p.m. – 3:30 p.m.	Community Resource Center- Norwalk  11721 Rosecrans Ave. Norwalk, CA 90650	English/Spanish

<a href="#">Family Nutrition Workshop</a>	4/28/2026 5:00 p.m. – 6:30 p.m.	Virtual	English
<a href="#">Diabetes Workshop</a>	4/29/2026 5:00 p.m. – 6:30 p.m.	Virtual	Spanish
<a href="#">Living with COPD (Chronic Obstructive Pulmonary Disease)</a>	4/30/2026 1:30 p.m. – 3:00 p.m.	Community Resource Center- Long Beach  5599 Atlantic Ave. Long Beach, CA 90805	English/Spanish
<a href="#">Family Nutrition Workshop</a>	4/30/2026 5:00 p.m. – 6:30 p.m.	Virtual	Spanish

## May 2026

<a href="#">Living with COPD (Chronic Obstructive Pulmonary Disease)</a>	5/1/2026 1:00 p.m. – 2:30 p.m.	Community Resource Center- Pomona  696 W. Holt Ave. Pomona, CA 91768	English/Spanish
<a href="#">Asthma Management</a>	5/1/2026 1:30 p.m. – 3:00 p.m.	Community Resource Center- Lincoln Heights  2430 N. Broadway Los Angeles, CA 90031	Cantonese
<a href="#">Diabetes Management</a>	5/2/2026 5/9/2026	Community Resource Center- West L.A.	

<a href="#">(4 sessions)</a>	5/16/2026 5/26/2026 1:30 p.m. – 3:00 p.m.	11173 W. Pico Blvd. Los Angeles, CA 90064	English/Spanish
<a href="#">Diabetes Management</a> <a href="#">(4 sessions)</a>	5/6/2026 5/13/2026 5/20/2026 5/27/2026 2:30 p.m. – 4:00 p.m.	Community Resource Center- Long Beach  5599 Atlantic Ave. Long Beach, CA 90805	English/Spanish
<a href="#">Caring for Your Mental Health</a>	5/8/2026 1:30 p.m. – 3:00 p.m.	Community Resource Center- Lincoln Heights  2430 N. Broadway Los Angeles, CA 90031	Cantonese
<a href="#">Living with COPD (Chronic Obstructive Pulmonary Disease)</a>	5/11/2026 12:00 p.m. – 1:30 p.m.	Community Resource Center- Inglewood  2864 W. Imperial Hwy. Inglewood, CA 90303	English/Spanish
<a href="#">Healthy Eating on a Budget</a>	5/11/2026 2:00 p.m. – 3:30 p.m.	Community Resource Center- South L.A.  5710 Crenshaw Blvd. Los Angeles, CA 90043	English/Spanish
<a href="#">Caring for Your Mental Health</a>	5/18/2026 3:00 p.m. – 4:30 p.m.	Virtual	English
<a href="#">Caring for Your Mental Health</a>	5/20/2026 10:00 a.m. – 11:30 a.m.	Virtual	Cantonese
<a href="#">Caring for Your Mental Health</a>	5/20/2026 2:00 p.m. – 3:30 p.m.	Virtual	Mandarin

<a href="#"><u>Caring for Your Mental Health</u></a>	5/21/2026 10:00 a.m. – 11:30 a.m.	Community Resource Center- El Monte  3570 Santa Anita Ave. El Monte, CA 91731	Mandarin
<a href="#"><u>Caring for Your Mental Health</u></a>	5/21/2026 1:30 p.m. – 3:00 p.m.	Community Resource Center- El Monte  3570 Santa Anita Ave. El Monte, CA 91731	Cantonese
<a href="#"><u>Caring for Your Mental Health</u></a>	5/21/2026 3:00 p.m. – 4:30 p.m.	Virtual	Spanish
<a href="#"><u>Blood Pressure Management</u></a> <a href="#"><u>(2 sessions)</u></a>	5/22/2026 5/29/2026 9:00 a.m. – 10:30 a.m.	Community Resource Center- East L.A.  4801 Whittier Blvd. Los Angeles, CA 90022	Spanish
<a href="#"><u>Adult Weight Management</u></a> <a href="#"><u>(2 sessions)</u></a>	5/22/2026 5/29/2026 10:00 a.m. – 11:30 a.m.	Community Resource Center- Wilmington  911 N. Avalon Blvd. Wilmington, CA 90744	English/Spanish
<a href="#"><u>Healthy Eating on a Budget</u></a>	5/27/2026 10:00 a.m. – 11:30 a.m.	Community Resource Center- Norwalk  11721 Rosecrans Ave. Norwalk, CA 90650	English/Spanish
<a href="#"><u>Understanding Menopause</u></a>	5/27/2026 11:15 a.m. – 12:45 p.m.	Community Resource Center- Panorama City  7868 Van Nuys Blvd. Panorama City, CA 91402	Spanish

<a href="#">Asthma Management</a>	5/28/2026 11:15 a.m. – 12:45 p.m.	Community Resource Center- El Monte  3570 Santa Anita Ave. El Monte, CA 91731	Spanish
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## June 2026

<a href="#">Adult Weight Management (2 sessions)</a>	6/1/2026 6/8/2026 3:00 p.m. – 4:30 p.m.	Community Resource Center- Long Beach  5599 Atlantic Ave. Long Beach, CA 90805	English/Spanish
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<a href="#">Blood Pressure Management (2 sessions)</a>	6/2/2026 6/9/2026 10:15 a.m. – 11:45 a.m.	Community Resource Center- Palmdale  2072 E. Palmdale Blvd. Palmdale, CA 93550	Spanish
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<a href="#">Diabetes Management (4 sessions)</a>	6/2/2026 6/9/2026 6/16/2026 6/23/2026 2:00 p.m. – 3:30 p.m.	Community Resource Center- Pomona  696 W. Holt Ave. Pomona, CA 91768	English/Spanish
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<a href="#">Diabetes Management (4 sessions)</a>	6/3/2026 6/10/2026 6/17/2026 6/24/2026 10:00 a.m. – 11:30 a.m.	Community Resource Center- Wilmington  911 N. Avalon Blvd. Wilmington, CA 90744	English/Spanish
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<a href="#">Diabetes Management (4 sessions)</a>	6/3/2026 6/10/2026 6/17/2026 6/24/2026 1:00 p.m. – 2:30 p.m.	Community Resource Center- Norwalk  11721 Rosecrans Ave. Norwalk, CA 90650	English/Spanish
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<a href="#">Asthma Management</a>	6/4/2026 10:00 a.m. – 11:30 a.m.	Community Resource Center- East L.A.  4801 Whittier Blvd. Los Angeles, CA 90022	Spanish
<a href="#">Diabetes Management (4 sessions)</a>	6/4/2026 6/11/2026 6/18/2026 6/25/2026 11:00 a.m. – 12:30 p.m.	Community Resource Center- South L.A.  5710 Crenshaw Blvd. Los Angeles, CA 90043	Spanish
<a href="#">Diabetes Management (4 sessions)</a>	6/4/2026 6/11/2026 6/18/2026 6/25/2026 1:00 p.m. – 2:30 p.m.	Community Resource Center- South L.A.  5710 Crenshaw Blvd. Los Angeles, CA 90043	English
<a href="#">Diabetes Management (4 sessions)</a>	6/5/2026 6/12/2026 6/19/2026 6/26/2026 10:00 a.m. – 11:30 a.m.	Community Resource Center- Inglewood  2864 W. Imperial Hwy. Inglewood, CA 90303	English/Spanish
<a href="#">Blood Pressure Management (2 sessions)</a>	6/11/2026 6/18/2026 11:15 a.m. – 12:45 p.m.	Community Resource Center- El Monte  3570 Santa Anita Ave. El Monte, CA 91731	Spanish
<a href="#">Fit Families (Children's Weight Management) (2 sessions)</a>	6/15/2026 6/22/2026 2:00 p.m. – 4:00 p.m.	Community Resource Center- Panorama City  7868 Van Nuys Blvd. Panorama City, CA 91402	English/Spanish
<a href="#">Strengthen Your Bones</a>	6/17/2026 10:00 a.m. – 11:30 a.m.	Virtual	Cantonese
<a href="#">Strengthen Your Bones</a>	6/17/2026	Virtual	Mandarin

	2:00 p.m. – 3:30 p.m.		
<a href="#">Strengthen Your Bones</a>	6/22/2026 3:00 p.m. – 4:30 p.m.	Virtual	English
<a href="#">Adult Weight Management</a>	6/23/2026 6/30/2026 1:30 p.m. – 3:00 p.m.	Community Resource Center- West L.A.  11173 W. Pico Blvd. Los Angeles, CA 90064	English/Spanish
<a href="#">Strengthen Your Bones</a>	6/25/2026 10:00 a.m. – 11:30 a.m.	Community Resource Center- El Monte  3570 Santa Anita Ave. El Monte, CA 91731	Mandrin
<a href="#">Strengthen Your Bones</a>	6/25/2026 1:30 p.m. – 3:00 p.m.	Community Resource Center- El Monte  3570 Santa Anita Ave. El Monte, CA 91731	Cantonese
<a href="#">Strengthen Your Bones</a>	6/26/2026 1:30 p.m. – 3:00 p.m.	Community Resource Center- Lincoln Heights  2430 N. Broadway Los Angeles, CA 90031	Cantonese
<a href="#">Strengthen Your Bones</a>	6/26/2026 3:00 p.m. – 4:30 p.m.	Virtual	Spanish

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