

**Evidence-Based Programs 2012**

Class	Dates	Location	Address	Day	Time	RSVP contact	Email/Phone #
CDSMP/Healthier Living	9/10-10/15/12	Kaiser OC Health Pavilion	200 Lewis St. Orange 92868	Mon	1:00-3:30pm	Information	(888) 988-2800
CDSMP/Healthier Living	10/4-11/8/12	St. Jude Medical Center	130 W. Bastanchury Fullerton 92835	Thurs	9:30am-12:00pm	Hector Orellana	(714) 446-5473
CDSMP/Healthier Living	10/10-11/14/12	Council on Aging	1971 E. 4th Street, Suite 200, Santa Ana	Wed	2:00-4:30pm	Jena Chomchavalit	(714) 479-0107 x260
CDSMP/Healthier Living	11/5-12/10/12	Kaiser OC Health Pavilion	200 Lewis St. Orange 92868	Mon	9:30am-12:00pm	Information	(888) 988-2800
Powerful Tool for Caregivers	8/23-9/27/12	Florence Sylvester Senior Center	23721 Moulton Pkwy Laguna Hills 92653	Thurs	1:00-3:30pm	Caregiver Resource Center	(800) 543-8312
Walk with Ease	8/20-9/28/12	Brea Senior Center	500 S. Sievers Ave Brea 92821	M,W,F	10:00-11:00am	Front Desk	(714) 990-7750
Walk with Ease	9/10-10/19/12	H. Louis Lake Senior Center	11300 Stanford Ave Garden Grove 92840	M,W,F	9:00-10:00am	Front Desk	(714) 741-5253
Walk with Ease	9/10-10/19/12	Lakeview Senior Center	20 Lake Rd Irvine 92604	M,W,F	10:30-11:30am	Front Desk	(949) 724-6900
Walk with Ease	9/17-10/26/12	Buena Park Senior Center	8150 Knott Ave Buena Park 90620	M,W,F	8:00-9:00am	Front Desk	(714) 236-3870
Walk with Ease	9/24-11/2/12	Downtown Anaheim Center	205 E. Center St Anaheim 92805	M,W,F	10:00-11:00am	Front Desk	(714) 765-4500
Walk with Ease	9/24-11/2/12	East Anaheim Community Ctr	8201 E. Santa Ana Canyon Rd Anaheim	M,W,F	9:00-10:00am	Front Desk	(714) 765-3904
Walk with Ease	10/1-11/9/12	Norman P Murray Senior Center	24932 Veterans Way Mission Viejo 92692	M,W,F	1:00-2:00pm	Front Desk	(949) 470-3036