

Parent Resource Wellness Center

2010 Classes

October 12
Keeping the Family Healthy

October 26
Lice: An Itchy Problem

November 9
Talking to Your Doctor

December 14
Is It a Cold or the Flu?



**All classes are at 10:00 to 11:00 in the
Parent Resource Center**



Serna Center

5735 47th Ave.

Sacramento, CA 95824



Keeping Your Family Healthy

Diet

Exercise

Sleep

Stress



Find what roles these words have in health and what you can do to stay healthy and much more information from a credentialed school nurse.

Tuesday, October 12, 2010

10:00-11:00

Parent Resource Wellness Center

Serna Center

5735 47th Ave.

643-7924



2010 COMMUNITY FLU CLINICS

LOCATION	DATE	TIME
Pannell Community Center 2450 Meadowview Road Sacramento, CA 95832	November 18 Thursday	10 a.m. – 2 p.m.
Robertson Community Center 3525 Norwood Avenue Sacramento, CA 95838	November 19 Friday	10 a.m. – 2 p.m.

\$10 donation requested. Only the injectable and intranasal flu vaccines will be provided and will be administered to any individual over 6 months of age who medically qualifies for the vaccine.

**For more information call
(916) 875-SHOT (875-7468)
or check the Public Health website
at www.scph.com**

**PROVIDED BY THE SACRAMENTO COUNTY
IMMUNIZATION ASSISTANCE PROGRAM**

SACRAMENTO
COUNTY



PUBLIC HEALTH



ESL ENGLISH

AND

CITIZENSHIP PREPARATION CLASSES

FLORIN TECH

2401 FLORIN ROAD

(CALL 433-2844 FOR AN APPOINTMENT)

OR

FREMONT ADULT ED

2420 N STREET

(CALL 277-6620 FOR AN APPOINTMENT)

MORNING, AFTERNOON OR EVENING

(MONDAY THRU FRIDAY)

REGISTRATION FEE \$20 A SEMESTER

**CLASSES ARE FOR STUDENTS WHO RESIDE IN THE
SACRAMENTO UNIFIED SCHOOL DISTRICT.**

LIVE YOUR DREAM



CAMELLIA
Symphony
ORCHESTRA

Free Family Concerts

2010/2011 SEASON



The Free Family Concert Series is designed to introduce people of all ages to classical music in a fun, informative and casual format.

1:00 p.m. Instrument Petting Zoo

NEW ACTIVITY: FUNSHOPS -

Hands-on workshops where kids "make stuff to take home."

Offered by Very Special Arts

2:00 p.m. Family Concert

(Program concludes at 3:00 p.m.)



The Center at 2300 Sierra Blvd.

Sacramento, CA 95825

Sunday, September 26, 2010

West Sacramento Community Center

West Capitol Ave at Merkley Ave

Sunday, November 21, 2010

Sacramento Public Library

Tsakopoulos Galleria

828 I Street, Sacramento, CA 95814

Sunday, March 20, 2011

**Mesa Verde High School,
Performing Arts Center**

7501 Carriage Drive, Citrus Heights, CA 95621

Sunday, May 1, 2011

FOR MORE INFORMATION: www.camelliasymphony.org or call (916) 929-6655.

The Free Family Concert Series is supported by:

the James Irvine Foundation
Expanding the possibilities
for all of California

THE SACRAMENTO BEE
» sacbee.com



SACRAMENTO REGION
COMMUNITY FOUNDATION



Sacramento
Metropolitan
Arts Commission