

Wellness classes



No-cost virtual program. Asthma is a common condition among children and adults. If it is not well controlled, it can be life-threatening. Join us to learn about asthma symptoms, triggers, correct use of asthma medicines, creating an asthma action plan, and more.

To register, call:

(562) 580-6094, 8:30 a.m. – 5 p.m.,
Monday - Friday

For more information, call Customer Care:

L.A. County Medi-Cal members
(800) 605-2556 (TTY: 711), 8 a.m. – 6 p.m.,
Monday – Friday

San Diego County Medi-Cal members
(855) 699-5557 (TTY: 711), 8 a.m. - 6 p.m.,
Monday – Friday

Join us: