



Member Wellness Center

2027 Martin Luther King Jr. Avenue SE, Washington, DC 20020

AmeriHealth Caritas District of Columbia members are invited to sign up for wellness classes each month. To sign up, visit www.amerihealthcaritasdc.com or call **1-877-759-6224**.

Care Coach on site Monday through Friday.

February 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Total Body Dance Fitness for Beginners 6 p.m. – 7 p.m.	2	3 Total Body Dance Fitness for Beginners 10 a.m. – 11 a.m.
5 Total Body Fitness for Beginners 6 p.m. – 7 p.m.	6 Zumba® for Beginners 6 p.m. – 7 p.m.	7 Meet the Pharmacist 9 a.m. – 5 p.m. Yoga for Beginners 12 p.m. – 1 p.m. Strength conditioning 6 p.m. – 7 p.m.	8 Total Body Dance Fitness for Beginners 6 p.m. – 7 p.m.	9	10 Zumba for Beginners 10 a.m. – 11 a.m.
12 Total Body Fitness for Beginners 6 p.m. – 7 p.m.	13 Zumba for Beginners 6 p.m. – 7 p.m.	14 Meet the Pharmacist 9 a.m. – 5 p.m. Yoga for Beginners 12 p.m. – 1 p.m. Strength conditioning 6 p.m. – 7 p.m.	15 Total Body Dance Fitness for Beginners 6 p.m. – 7 p.m.	16	17 Healthy cooking class – Heart Edition 11 a.m. – 1 p.m.
19 Total Body Dance Fitness 6 p.m. – 7 p.m.	20 Zumba 6 p.m. – 7 p.m.	21 Meet the Pharmacist 9 a.m. – 5 p.m. Yoga for Beginners 12 p.m. – 1 p.m. Eat Smart, Move More 1:30 p.m. – 2:30 p.m. Strength conditioning 6 p.m. – 7 p.m.	22 Total Body Dance Fitness for Beginners 6 p.m. – 7 p.m.	23	24 Strength conditioning 10 a.m. – 11 a.m.
26 Total Body Fitness 6 p.m. – 7 p.m.	27 Zumba 6 p.m. – 7 p.m.	28 Meet the Pharmacist 9 a.m. – 5 p.m. Yoga for Beginners 12 p.m. – 1 p.m. Strength conditioning 6 p.m. – 7 p.m.			

Space is limited. Times are subject to change.





This program is funded in part by the Government of the District of Columbia Department of Health Care Finance.



AmeriHealth Caritas District of Columbia complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

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If you need this information in English, contact Member Services by calling 202-408-4720 or 1-800-408-7511, 24 hours a day.

Si necesita esta información en español, comuníquese con Servicios al Miembro llamando al 202-408-4720 o 1-800-408-7511, las 24 horas del día.

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إذا احتجت إلى هذه المعلومات باللغة العربية، يرجى الاتصال بفريق خدمة الأعضاء على الرقم 202-408-4720 أو الرقم 1-800-408-7511، وذلك على مدار الساعة.

Si vous avez besoin de ces renseignements en français, veuillez contacter les Services aux membres en appelant au 202-408-4720 ou au 1-800-408-7511, 24 heures sur 24.

如果您需要用中文獲得此資訊，可每天 24 小時致電 202-408-4720 或 1-800-408-7511，聯絡會員服務部。

Se necessitar estas informações em Português, entre em contato com o Serviços para Associados ligando para 202-408-4720 ou 1-800-408-7511, 24 horas por dia.

