

# 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](http://www.amerihealthcaritasdc.com) or call **1-877-759-6224**.

Care Coach on site Monday through Friday.

April 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 Total Body Fitness for Beginners 6 p.m. – 7 p.m.	3 Zumba® for Beginners 6 p.m. – 7 p.m.	4 Meet the Pharmacist 9 a.m. – 5 p.m. Yoga for Beginners 1 p.m. – 2 p.m.	5 Total Body Dance Fitness for Beginners 6 p.m. – 7 p.m.	6	7 Zumba for Beginners 10 a.m. – 11 a.m. Yoga for Beginners 11:15 a.m. – 12:15 p.m.
9 Total Body Fitness for Beginners 6 p.m. – 7 p.m.	10 Zumba for Beginners 6 p.m. – 7 p.m.	11 Meet the Pharmacist 9 a.m. – 5 p.m. Yoga for Beginners 1 p.m. – 2 p.m. Strength and conditioning 6 p.m. – 7 p.m.	12 Total Body Dance Fitness for Beginners 6 p.m. – 7 p.m.	13	14 Total Body Dance Fitness for Beginners 10 a.m. – 11 a.m. Yoga for Beginners 11:15 a.m. – 12:15 p.m.
16 Total Body Fitness 6 p.m. – 7 p.m.	17 Zumba 6 p.m. – 7 p.m.	18 Meet the Pharmacist 9 a.m. – 5 p.m. Yoga for Beginners 1 p.m. – 2 p.m. Strength and conditioning 6 p.m. – 7 p.m.	19 Eat Smart, Move More 2 p.m. – 3 p.m. Total Body Dance Fitness 6 p.m. – 7 p.m.	20	21 Healthy cooking class 11 a.m. – 1 p.m.
23 Total Body Fitness 6 p.m. – 7 p.m.	24 Zumba 6 p.m. – 7 p.m.	25 Meet the Pharmacist 9 a.m. – 5 p.m. Yoga for Beginners 1 p.m. – 2 p.m. Strength and conditioning 6 p.m. – 7 p.m.	26 Total Body Dance Fitness 6 p.m. – 7 p.m.	27	28 Strength and conditioning 10 a.m. – 11 a.m. Yoga for Beginners 11:15 a.m. – 12:15 p.m.
30 Total Body Fitness 6 p.m. – 7 p.m.					

Space is limited. Times are subject to change.



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.

English: ATTENTION: If you speak English, language assistance services, at no cost, are available to you. Call **1-800-408-7511** (TTY/TDD: **202-216-9885** or **1-800-570-1190**).

Spanish: ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-800-408-7511** (TTY/TDD: **202-216-9885** o **1-800-570-1190**).

Amharic: ማሳሰቢያ፡ አማርኛ መናገር የሚችሉ ከሆነ፣ ከከፍተኛ ነጻ የሆነ የቋንቋ ድጋፍ አገልግሎት ይቀርብልዎታል። በስልክ ቁጥር **1-800-408-7511** (TTY/TDD: **202-216-9885** ወይም **1-800-570-1190**) ይደውሉ.


Arabic: ملحوظة: إذا كنت تتحدث اللغة العربية، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم **1-800-408-7511** (رقم هاتف الصم والبكم TTY/TDD: **202-216-9885** أو **1-800-570-1190**).

French: ATTENTION : Si vous parlez français, des services d'aide linguistique sont à votre disposition sans frais. Appelez le **1-800-408-7511** (TTY/TDD: **202-216-9885** ou **1-800-570-1190**).

Mandarin: ATTENTION: 注意：如果您说中文普通话/国语，我们可为您提供免费语言援助服务。请致电：**1-800-408-7511** (TTY/TDD: **202-216-9885** 或 **1-800-570-1190**)。

Portuguese: ATENÇÃO: Se você fala português, estão disponíveis para você serviços de assistência linguística, sem nenhum custo. Ligue para **1-800-408-7511** (TTY/TDD: **202-216-9885** ou **1-800-570-1190**).

Russia: ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните **1-800-408-7511** (TTY/TDD: **202-216-9885** или **1-800-570-1190**).

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 **WE ARE WASHINGTON DC**  
GOVERNMENT OF THE DISTRICT OF COLUMBIA  
MURIEL BOWSER, MAYOR

  
**AmeriHealth Caritas**  
District of Columbia

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[www.amerhealthcaritasdc.com](http://www.amerhealthcaritasdc.com)