COMMUNITY ENGAGEMENT
ONGOING PROGRAMS
IN KINGS BEACH

ALL CLASSES ARE FREE
TODAS LAS CLASES SON GRATUITAS

ExpresArte - In Spanish: Mondays, 5:00 – 8:00pm at DOMUS, 204 Chipmunk St, Kings Beach
- Community Art Classes
- Clases de arte comunitario

Yoga - English: Mondays, 5:00 – 6:00pm at SCH, 265 Bear St, Kings Beach

Mom's Cafe - Bilingual: Tuesdays, 11:00am – 12:30pm at SCH, 265 Bear St, Kings Beach
- Get help with proper breastfeeding techniques, postpartum concerns, infant nutrition, and infant care.
- Obtenga apoyo con técnicas de lactancia materna, asuntos del posparto, nutrición infantil, y cuidado infantil.

Zumba - Bilingual: Wednesday, 5:30 – 6:30pm AND Thursdays, 5:30 – 6:30pm at DOMUS, 204 Chipmunk St, Kings Beach

CalFresh Healthy Living - Bilingual: various dates throughout the month at SCH, 265 Bear St., Kings Beach. Call 530-546-0952 for details.
- Healthy and delicious snacks and meals!
- ¡Bocadillos y comidas saludables y deliciosas!