

Wednesday Farmers Market

Free Fitness Classes and Community Resources

Baldwin Hills-Crenshaw Medical Offices, 3782 W. Martin Luther King, Jr. Blvd.



Come to the Farmers Market at our Baldwin Hills-Crenshaw Medical Offices for local, fresh produce and delicious prepared foods and visit the Community Resource tables. We also have FREE exercise that are open to the community. See the schedule below. No pre-registration is required.

Class	Day	Time	Location
Soul Line Dancing	Mondays	5 p.m. to 6 p.m. 6:15 p.m. to 7:15	Conference Center
Farmers Market	Wednesdays	10:00 a.m. to 2:00 p.m.	Outside of the main entrance
Community Resource Tables	Wednesdays	10:00 a.m. to 2:00 p.m.	Outside of the main entrance
Soul Line Dancing	Wednesdays	11 a.m. to 12:30 p.m. 12:30 p.m. to 2 p.m.	Conference Center
Zumba	Wednesdays	5:30 p.m. to 6:30 p.m.	Conference Center
Tai Chi	1 st and 3 rd Wednesday of every month	9:00 a.m. to 10:00 a.m.	Outdoor Amphitheater* (left of the main entrance)
Circuit Training Bootcamp (Adults and 13 -17 years old**)	Saturdays	9:00 a.m. to 10:00 a.m.	Community Lawn* (field closest to Marlton Ave.) Only MLK Blvd gate open on Saturdays

*Classes will be canceled during inclement weather. **Parent or guardian must remain onsite for the duration of the class.

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Community Resource Tables at KP Baldwin-Hills Crenshaw

Claim your benefits! Bring a friend!

KP members and non-members will have an opportunity to enroll in the below programs at the upcoming Farmers Markets at KP Baldwin Hills-Crenshaw noted below.

Hours: 10:00 a.m. – 2:00 p.m.

Where: KP Baldwin Hills-Crenshaw Medical Offices
3782 W. Martin Luther King Blvd. LA, CA 90008

Farmers Market Resource Tables & Indoor Community Resource Tables

AADAP West Adams WorkSource – 1/8, 1/23, 2/12, 2/20, 3/11, 3/19

- Learn about resources to help you find a job or a new career for adults and youth.

CalFresh/Medi-Cal Enrollment – 2/5, 3/4

It is recommended that you bring the following items:

- Personal identification such as your driver's license or identification card
- Social security number
- Verification of income/assets/expenses
- Verification of citizenship or legal residency/sponsorship for residency

PACE Home Energy Assistance Program (HEAP) –01/15, 2/13, 3/12

HEAP offers utility bill assistance for eligible households. Please bring the following items:

- Picture ID and Social Security Card
- Current electric bill and/or gas bill (complete, all pages, and at least 22 meter reading)
- Proof of monthly household income (just cover the last 30 days)
- Current rent receipt, lease, Sec 8 agreement, or mortgage statement

Soul Food for Your Baby– 1/30, 2/27

- Aims to improve breastfeeding rates among women of color through systems change and culturally competent media, educational and community outreach.

Dates and resources are subject to change. Learn more at kp.org/baldwinhillscrenshaw