



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1</b>
<p><b>3</b></p> <p><b>Prenatal Classes</b> NEVHC Newhall Health Center 8:30am – 4:00pm</p> <p><b>Youth Fit</b> NEVHC San Fernando Health Center 4:00 – 5:30pm</p>	<p><b>4</b></p> <p><b>Prenatal Classes</b> NEVHC San Fernando Health Center 8:30am – 12:00pm</p>	<p><b>5</b></p>	<p><b>6</b></p> <p><b>Harvesting Health</b> LA Care Family Resource 10807 San Fernando Rd. Pacoima, CA 91331 9:00 – 10:30am</p> <p><b>Blood Pressure Class</b> NEVHC Pacoima Health Center 8:30 - 9:30am</p> <p><b>Prenatal Classes</b> NEVHC San Fernando Health Center 1:00 – 4:00pm</p>	<p><b>7</b></p> <p><b>Prenatal (Group) Classes</b> NEVHC Pacoima Health Center 8:30am – 4:00pm</p> <p><b>Prenatal (One-on-one) Classes</b> NEVHC San Fernando Health Center 1:00 – 4:00pm</p>	<p><b>8</b></p> <p><b>Eat Healthy, Live Healthy</b> NEVHC Pacoima Health Center 10:00 – 11:00am (English)</p>
<p><b>10</b></p> <p><b>Prenatal Classes</b> NEVHC Newhall Health Center 8:30am – 4:00pm</p> <p><b>Youth Fit</b> NEVHC San Fernando Health Center 4:00 – 5:30pm</p>	<p><b>11</b></p> <p><b>Prenatal Classes</b> NEVHC San Fernando Health Center 8:30am – 12:00pm</p> <p><b>Asthma Class</b> NEVHC Canoga Park Health Center 5:00 – 7:30pm</p>	<p><b>12</b></p> <p><b>Harvesting Health</b> NEVHC San Fernando Health Center 9:30 – 10:30am</p> <p><b>Eat Healthy, Live Healthy</b> NEVHC Sun Valley Health Center 5:30 – 6:30pm (English)</p>	<p><b>13</b></p> <p><b>Prenatal Classes</b> NEVHC San Fernando Health Center 1:00 – 3:00pm</p> <p><b>Blood Pressure Class</b> NEVHC Sun Valley Health Center 3:30 - 4:30pm</p> <p><b>Blood Pressure Class</b> NEVHC Santa Clarita Health Center 3:30 - 4:30pm</p> <p><b>Eat Healthy, Live Healthy</b> NEVHC San Fernando Health Center 5:30 – 6:30pm (English)</p>	<p><b>14</b></p> <p><b>Prenatal Classes</b> NEVHC Pacoima Health Center 8:30am – 4:00pm</p> <p><b>Eat Healthy, Live Healthy</b> NEVHC Sun Valley Health Center 9:00 – 10:00am (Spanish)</p> <p><b>Prenatal Classes</b> NEVHC San Fernando Health Center 1:00 – 4:00pm</p>	<p><b>15</b></p> <p>For more information, contact the Health Education Line (available in English or Spanish) at (818) 270 – 9508 or HealthEd@NEVHC.org or visit us online: NEVHC.org</p>



*At NEVHC,  
the healthy choice is  
the easy choice  
for today's families.*

**Locations:**

**NEVHC Canoga Park Health Center**  
7107 Remmet,  
Canoga Park

**NEVHC Newhall Health Center**  
23413 Lyons Ave.,  
Newhall

**NEVHC Pacoima Health Center**  
12756 Van Nuys Blvd.,  
Pacoima

**NEVHC Santa Clarita Health Center**  
18533 Soledad Canyon Rd.,  
Canyon Country

**NEVHC San Fernando Health Center**  
1600 San Fernando Rd.,  
San Fernando

**NEVHC Sun Valley Health Center**  
7223 Fair Ave.  
Sun Valley

**NEVHC Teen Health Center**  
San Fernando High School  
11051 North O'Melveny Ave.,  
San Fernando

**NEVHC Transition to Wellness**  
6551 Van Nuys Blvd  
Suite 201,  
Van Nuys

**NEVHC Valencia Health Center**  
23763 Valencia Blvd.,  
Valencia, CA

**NEVHC Van Nuys Adult Health Center**  
14624 Van Nuys Blvd.  
(6th Floor),  
Van Nuys

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>17</b></p> <p><b>Prenatal Classes</b> NEVHC Newhall Health Center 8:30am – 4:00pm</p> <p><b>Grocery Store Tour @ Trader Joe's</b> 26517 Bouquet Canyon Rd., Santa Clarita, 91350 10:00 - 11:00am</p> <p><b>Eat Healthy, Live Healthy</b> NEVHC Van Nuys Adult Health Center 3:00 – 4:00pm (Spanish)</p> <p><b>Youth Fit</b> Shared Medical Visit NEVHC San Fernando Health Center 3:00 – 5:30pm</p>	<p><b>18</b></p> <p><b>Prenatal Classes</b> NEVHC San Fernando Health Center 8:30am – 12:00pm</p> <p><b>Grocery Store Tour @ Food 4 Less</b> 8035 Webb Ave. North Hollywood, 91605 10:00 - 11:00am</p> <p><b>Patient &amp; Family Advisory Council</b> NEVHC San Fernando Health Center 10:00am – 11:30am</p> <p><b>Eat Healthy, Live Healthy</b> NEVHC Pacoima Health Center 5:30–6:30pm (Spanish)</p>	<p><b>19</b></p> <p><b>Eat Healthy, Live Healthy</b> Henry Mayo Fitness &amp; Health 24525 Town Center Drive, Valencia, CA 9:30 – 10:30am (Spanish &amp; English)</p> <p><b>Prenatal Classes</b> NEVHC Sun Valley Health Center 10:00am – 6:00pm</p> <p><b>Blood Pressure Class</b> NEVHC Van Nuys Adult 3:30 - 4:30pm</p>	<p><b>20</b></p> <p><b>Prenatal Classes</b> NEVHC San Fernando Health Center 1:00 – 4:00pm</p> <p><b>Blood Pressure Class</b> NEVHC Valencia Health Center 3:30 - 4:30pm</p> <p><b>Eat Healthy, Live Healthy</b> NEVHC San Fernando Health Center 5:30 – 6:30pm (Spanish)</p>	<p><b>21</b></p> <p><b>Prenatal Classes</b> NEVHC Pacoima Health Center 8:30am – 4:00pm</p> <p><b>Prenatal Classes</b> NEVHC San Fernando Health Center 1:00 – 4:00pm</p>	<p><b>22</b></p>
<p><b>24</b></p> <p><i>Christmas Eve</i></p> 	<p><b>25</b></p> <p><i>Christmas Day</i></p> 	<p><b>26</b></p> <p><b>Blood Pressure Class</b> NEVHC Transition to Wellness 3:30 - 4:30pm</p>	<p><b>27</b></p> <p><b>Grocery Store Tour @ Food 4 Less</b> 12765 Van Nuys Blvd Pacoima, 91331 10:00 - 11:00am</p> <p><b>Prenatal Classes</b> NEVHC San Fernando Health Center 1:00 – 3:00pm</p> <p><b>Blood Pressure Class</b> NEVHC San Fernando Health Center 3:30 - 4:30pm</p>	<p><b>28</b></p> <p><b>Prenatal Classes</b> NEVHC Pacoima Health Center 8:30am – 4:00pm</p> <p><b>Eat Healthy, Live Healthy</b> NEVHC Sun Valley Health Center 9:00 – 10:00am</p> <p><b>Grocery Store Tour @ Food 4 Less</b> 12689 Glenoaks Blvd Sylmar, 91342 10:00 - 11:00am</p> <p><b>Prenatal Classes</b> NEVHC San Fernando Health Center 1:00 – 4:00pm</p>	<p><b>29</b></p> <p><i>Follow us on...</i></p> 
<p><b>31</b></p> <p><b>Prenatal Classes</b> NEVHC Newhall Health Center 8:30am – 4:00pm</p> 					

For more information, contact the Health Education Department @HealthEd@NEVHC.org or call us @ (818) 270 – 9508 (available in English or Spanish). You can also visit us online: NEVHC.org.

All classes are FREE, and most are available in English and Spanish. Children are welcome!

Classes are subject to change, rescheduling or cancellation without notice.

Classes listed in blue are FREE and held at NEVHC locations.  
Classes listed in green are FREE garden workshops open to the community.  
Classes listed in orange are FREE and located at partner sites.