



Monday Tuesday Wednesday Thursday Friday Saturday

	<p>1</p> <p>Happy New Year!</p>	<p>2</p>	<p>3</p> <p>Harvesting Health LA Care Family Resource 10807 San Fernando Rd. Pacoima, CA 91331 9:00 – 10:30am</p> <p>Blood Pressure Class NEVHC Pacoima Health Center 8:30 - 9:30am</p> <p>Prenatal Classes NEVHC San Fernando Health Center 1:00 – 4:00pm</p>	<p>4</p> <p>Prenatal (Group) Classes NEVHC Pacoima Health Center 8:30am – 4:00pm</p> <p>Prenatal (One-on-one) Classes NEVHC San Fernando Health Center 1:00 – 4:00pm</p>	<p>5</p>
<p>7</p> <p>Prenatal Classes NEVHC Newhall Health Center 8:30am – 4:00pm</p>	<p>8</p> <p>Prenatal Classes NEVHC San Fernando Health Center 8:30am – 12:00pm</p>	<p>9</p> <p>HEAL LA Care Family Resource Center 10807 San Fernando Rd. Pacoima, CA 91331 10:00 – 11:00am (Spanish)</p> <p>Eat Healthy, Live Healthy NEVHC Sun Valley Health Center 5:30 – 6:30pm (English)</p>	<p>10</p> <p>Prenatal Classes NEVHC Santa Clarita Health Center 9:00am – 12:00pm</p> <p>Prenatal Classes NEVHC San Fernando Health Center 1:00 – 3:00pm</p> <p>Blood Pressure Class NEVHC Sun Valley Health Center 3:30 - 4:30pm</p> <p>Blood Pressure Class NEVHC Santa Clarita Health Center 3:30 - 4:30pm</p> <p>Eat Healthy, Live Healthy NEVHC San Fernando Health Center 5:30 – 6:30pm</p>	<p>11</p> <p>Prenatal Classes NEVHC Pacoima Health Center 8:30am – 4:00pm</p> <p>Eat Healthy, Live Healthy NEVHC Sun Valley Health Center 9:00 – 10:00am (Spanish)</p> <p>Prenatal Classes NEVHC San Fernando Health Center 1:00 – 4:00pm</p>	<p>12</p> <p>Eat Healthy, Live Healthy NEVHC Pacoima Health Center 10:00 – 11:00am (English)</p>
<p>14</p> <p>Prenatal Classes NEVHC Newhall Health Center 8:30am – 4:00pm</p>	<p>15</p> <p>Prenatal Classes NEVHC San Fernando Health Center 8:30am – 12:00pm</p>	<p>16</p> <p>HEAL LA Care Family Resource Center 10807 San Fernando Rd. Pacoima, CA 91331 10:00 – 11:00am (Spanish)</p> <p>Prenatal Classes NEVHC Sun Valley Health Center 10:00am – 6:00pm</p> <p>Blood Pressure Class NEVHC Van Nuys Adult 3:30 - 4:30pm</p>	<p>17</p> <p>Prenatal Classes NEVHC Santa Clarita Health Center 9:00am – 12:00pm</p> <p>Garden Taskforce NEVHC San Fernando Health Center 12:30 – 1:30pm</p> <p>Prenatal Classes NEVHC San Fernando Health Center 1:00 – 3:00pm</p> <p>Blood Pressure Class NEVHC Valencia Health Center 3:30 - 4:30pm</p>	<p>18</p> <p>Prenatal Classes NEVHC Pacoima Health Center 8:30am – 4:00pm</p> <p>Prenatal Classes NEVHC San Fernando Health Center 1:00 – 4:00pm</p>	<p>19</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, we make the healthy choice the easy choice for today's families!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
21  Martin Luther King Day NEVHC Health Centers & Corporate Offices Closed	22 Prenatal Classes NEVHC San Fernando Health Center 8:30am – 12:00pm Patient & Family Advisory Council NEVHC San Fernando Health Center 10:00am – 11:30am Cervical Cancer Class NEVHC San Fernando Health Center 1:00 – 2:30pm Eat Healthy, Live Healthy NEVHC Pacoima Health Center 5:30–6:30pm (Spanish)	23 HEAL LA Care Family Resource Center 10807 San Fernando Rd. Pacoima, CA 91331 10:00 – 11:00am (Spanish) Eat Healthy, Live Healthy Henry Mayo Fitness & Health 24525 Town Center Drive, Valencia, CA 3:30 – 4:30m (Spanish & English) Blood Pressure Class NEVHC Transition to Wellness 3:30 – 4:30pm	24 Prenatal Classes NEVHC San Fernando Health Center 1:00 – 4:00pm Blood Pressure Class NEVHC San Fernando Health Center 3:30 – 4:30pm Eat Healthy, Live Healthy NEVHC San Fernando Health Center 5:30 – 6:30pm (Spanish)	25 Prenatal Classes NEVHC Pacoima Health Center 8:30am – 4:00pm Prenatal Classes NEVHC San Fernando Health Center 1:00 – 4:00pm	26 Asthma Class NEVHC San Fernando Health Center 10:00am – 12:30pm

28 Prenatal Classes NEVHC Newhall Health Center 8:30am – 4:00pm HEAL Vaughn Family & Community Center Pacoima, CA 91331 8:30 – 9:30am (Spanish) Diabetes Prevention NEVHC San Fernando Health Center 10:00am – 12:00pm Youth Fit NEVHC Pacoima Health Center 4:00 – 5:30pm

29 Prenatal Classes NEVHC San Fernando Health Center 8:30am – 12:00pm

30 HEAL LA Care Family Resource Center 10807 San Fernando Rd. Pacoima, CA 91331 10:00 – 11:00am (Spanish) Diabetes Management NEVHC Pacoima Health Center 8:30 – 10:30am

31 Prenatal Classes NEVHC San Fernando Health Center 1:00 – 3:00pm

Locations: NEVHC Canoga Park HC 7107 Remmet, Canoga Park NEVHC Newhall HC 23413 Lyons Ave., Newhall NEVHC Pacoima HC 12756 Van Nuys Blvd., Pacoima NEVHC Santa Clarita HC 18533 Soledad Canyon Rd., Canyon Country NEVHC San Fernando HC 1600 San Fernando Rd., San Fernando

<i>Follow us on...</i>  NEVHC Sun Valley HC 7223 Fair Ave., Sun Valley NEVHC Teen HC 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 HC 23763 Valencia Blvd., Valencia, CA NEVHC Van Nuys Adult HC 14624 Van Nuys Blvd (6th Floor), Van Nuys

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.