



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Locations:</b></p> <p><b>NEVHC Canoga Park HC</b> 7107 Remmet, Canoga Park</p> <p><b>NEVHC Newhall HC</b> 23413 Lyons Ave., Newhall</p> <p><b>NEVHC Pacoima HC</b> 12756 Van Nuys Blvd., Pacoima</p>	<p><b>NEVHC San Fernando HC</b> 1600 San Fernando Rd., San Fernando</p> <p><b>NEVHC Santa Clarita HC</b> 18533 Soledad Canyon Rd., Canyon Country</p> <p><b>NEVHC Sun Valley HC</b> 7223 Fair Ave., Sun Valley</p> <p><b>NEVHC Teen HC</b> San Fernando High School 11051 North O'Melveny Ave., San Fernando</p>	<p><b>NEVHC Transition to Wellness</b> 6551 Van Nuys Blvd Suite 201, Van Nuys</p> <p><b>NEVHC Valencia HC</b> 23763 Valencia Blvd., Valencia, CA</p> <p><b>NEVHC Van Nuys Adult HC</b> 14624 Van Nuys Blvd (6th Floor), Van Nuys</p> <p><b>NEVHC Van Nuys Pediatric HC</b> 7138 Van Nuys Blvd Van Nuys, CA 91405</p>		<p><b>1</b></p> <p><b>Prenatal Classes</b> NEVHC Pacoima Health Center 8:30am – 4:00pm Group &amp; one-on-one classes available. Call for appointment: (818) 270 – 9508.</p> <p><b>Tomando Control</b> NEVHC San Fernando Health Center 9:30 – 11:00 am</p> <p><b>Prenatal (One-on-one) Classes</b> NEVHC San Fernando Health Center 1:00 – 4:00pm Call for appointment: (818) 270 – 9508.</p>	<p><b>2</b></p> <p><b>Harvesting Health</b> 8:30 – 10:00am Vaughn Family &amp; Community Center 11201 Herrick Avenue Pacoima, CA</p>
<p><b>4</b></p> <p><b>Prenatal Classes</b> NEVHC Newhall Health Center 8:30am – 4:00pm Group &amp; one-on-one classes available. Call for appointment: (818) 270 – 9508.</p> <p><b>HEAL</b> Vaughn Family &amp; Community Center 11201 Herrick Ave. Pacoima, CA 91331 8:30 – 9:30am (Spanish)</p> <p><b>Diabetes Prevention</b> NEVHC San Fernando Health Center 10:00am – 12:00pm</p>	<p><b>5</b></p> <p><b>Prenatal (One-on-one) Classes</b> NEVHC San Fernando Health Center 8:30am – 12:00pm Call for appointment: (818) 270 – 9508.</p>	<p><b>6</b></p>	<p><b>7</b></p> <p><b>Blood Pressure Class</b> NEVHC Pacoima Health Center 8:30 - 9:30am</p> <p><b>Prenatal (One-on-one) Classes</b> NEVHC San Fernando Health Center 1:00 – 3:00pm Call for appointment: (818) 270 – 9508.</p>	<p><b>8</b></p> <p><b>Prenatal Classes</b> NEVHC Pacoima Health Center 8:30am – 4:00pm Group &amp; one-on-one classes available. Call for appointment: (818) 270 – 9508.</p> <p><b>Eat Healthy, Live Healthy</b> NEVHC Sun Valley Health Center 9:00 – 10:00am (Spanish)</p> <p><b>Tomando Control</b> NEVHC San Fernando Health Center 9:30 – 11:00 am</p> <p><b>Prenatal (One-on-one) Classes</b> NEVHC San Fernando Health Center 1:00 – 4:00pm Call for appointment: (818) 270 – 9508.</p>	<p><b>9</b></p> <p><b>Eat Healthy, Live Healthy</b> NEVHC Pacoima Health Center 10:00 – 11:00am (English)</p>
<p><b>11</b></p> <p><b>Prenatal Classes</b> NEVHC Newhall Health Center 8:30am – 4:00pm Group &amp; one-on-one classes available. Call for appointment: (818) 270 – 9508.</p> <p><b>Diabetes Prevention</b> NEVHC San Fernando Health Center 10:00am – 12:00pm</p>	<p><b>12</b></p> <p><b>Prenatal (One-on-one) Classes</b> NEVHC San Fernando Health Center 8:30am – 12:00pm Call for appointment: (818) 270 – 9508.</p> <p><b>Smoking Cessation</b> NEVHC San Fernando Health Center 2:30 – 3:30pm</p>	<p><b>13</b></p> <p><b>Eat Healthy, Live Healthy</b> NEVHC Sun Valley Health Center 5:30 – 6:30pm (English)</p>	<p><b>14</b></p> <p><b>Prenatal (One-on-one) Classes</b> NEVHC Santa Clarita Health Center 9:00am – 12:00pm Call for appointment: (818) 270 – 9508.</p> <p><b>Prenatal (One-on-one) Classes</b> NEVHC San Fernando Health Center 1:00 – 3:00pm Call for appointment: (818) 270 – 9508.</p> <p><b>Blood Pressure Class</b> NEVHC Santa Clarita Health Center 3:30 - 4:30pm</p> <p><b>Blood Pressure Class</b> NEVHC Sun Valley 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>15</b></p> <p><b>Prenatal Classes</b> NEVHC Pacoima Health Center 8:30am – 4:00pm Group &amp; one-on-one classes available. Call for appointment: (818) 270 – 9508.</p> <p><b>Prenatal (One-on-one) Classes</b> NEVHC San Fernando Health Center 1:00 – 4:00pm Call for appointment: (818) 270 – 9508.</p>	<p><b>16</b></p>

**March is National Nutrition Month!**

NEVHC offers an array of services to help you lose weight, eat healthier, and reduce your risk of chronic disease. Contact our Health Education Department to learn more about our FREE programs.

**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: www.NEVHC.org .**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>18</b></p> <p><b>Prenatal Classes</b> NEVHC Newhall Health Center 8:30am – 4:00pm Group &amp; one-on-one classes available. Call for appointment: (818) 270 – 9508.</p> <p><b>Diabetes Prevention</b> NEVHC San Fernando Health Center 10:00am – 12:00pm</p>	<p><b>19</b></p> <p><b>Prenatal Classes</b> NEVHC San Fernando Health Center 8:30am – 12:00pm Group &amp; one-on-one classes available. Call for appointment: (818) 270 – 9508.</p> <p><b>Harvesting Health</b> NEVHC San Fernando Health Center 9:30 – 10:30am</p> <p><b>Smoking Cessation</b> NEVHC San Fernando Health Center 2:30 – 3:30pm</p> <p><b>Colon Cancer</b> NEVHC San Fernando Health Center 3:30 – 4:30pm</p>	<p><b>20</b></p> <p><b>Prenatal Classes</b> NEVHC Sun Valley Health Center 10:00am – 6:00pm Group &amp; one-on-one classes available. Call for appointment: (818) 270 – 9508.</p> <p><b>Blood Pressure Class</b> NEVHC Van Nuys Adult 3:30 - 4:30pm</p>	<p><b>21</b></p> <p><b>Prenatal (One-on-one) Classes</b> NEVHC Santa Clarita Health Center 9:00am – 12:00pm Call for appointment: (818) 270 – 9508.</p> <p><b>Prenatal (One-on-one) Classes</b> NEVHC San Fernando Health Center 1:00 – 4:00pm Call for appointment: (818) 270 – 9508.</p> <p><b>Blood Pressure Class</b> NEVHC Valencia Health Center 3:30 - 4:30pm</p>	<p><b>22</b></p> <p><b>Prenatal Classes</b> NEVHC Pacoima Health Center 8:30am – 4:00pm Group &amp; one-on-one classes available. Call for appointment: (818) 270 – 9508.</p> <p><b>Prenatal Classes</b> NEVHC San Fernando Health Center 1:00 – 4:00pm Call for appointment: (818) 270 – 9508.</p>	<p><b>23</b></p>
<p><b>25</b></p> <p><b>Prenatal Classes</b> NEVHC Newhall Health Center 8:30am – 4:00pm Group &amp; one-on-one classes available. Call for appointment: (818) 270 – 9508.</p> <p><b>Diabetes Prevention</b> NEVHC San Fernando Health Center 10:00am – 12:00pm</p> <p><b>Grocery Store Tour @ Trader Joe's</b> 26517 Bouquet Canyon Rd. Santa Clarita, CA 91350 10:00 - 11:00a</p> <p><b>Youth Fit</b> NEVHC San Fernando Health Center 4:00 – 5:30pm</p>	<p><b>26</b></p> <p><b>Prenatal (One-on-one) Classes</b> NEVHC San Fernando Health Center 8:30am – 12:00pm Call for appointment: (818) 270 – 9508.</p> <p><b>Patient &amp; Family Advisory Council</b> NEVHC San Fernando Health Center 10:00am – 11:30am</p> <p><b>Grocery Store Tour @ Food 4 Less</b> 8035 Webb Ave. North Hollywood, CA 91605 10:00 - 11:00am</p> <p><b>Smoking Cessation</b> NEVHC San Fernando Health Center 2:30 – 3:30pm</p> <p><b>Eat Healthy, Live Healthy</b> NEVHC Pacoima Health Center 5:30–6:30pm (Spanish)</p>	<p><b>27</b></p> <p><b>Eat Healthy, Live Healthy</b> Henry Mayo Fitness &amp; Health 24525 Town Center Drive, Valencia, CA 3:30 – 4:30pm (Spanish &amp; English)</p> <p><b>Blood Pressure Class</b> NEVHC Transition to Wellness 3:30 – 4:30pm</p> <p><b>Asthma Class</b> NEVHC Sun Valley Health Center 5:00pm – 7:30pm</p>	<p><b>28</b></p> <p><b>Prenatal (One-on-one) Classes</b> NEVHC San Fernando Health Center 1:00 – 3:00pm Call for appointment: (818) 270 – 9508.</p> <p><b>Grocery Store Tour @ Food 4 Less</b> 12765 Van Nuys Blvd Pacoima, CA 91331 10:00 - 11:00am</p> <p><b>Eat Healthy, Live Healthy</b> NEVHC San Fernando Health Center 5:30 – 6:30pm (Spanish)</p> <p><b>Blood Pressure Class</b> NEVHC San Fernando Health Center 3:30 – 4:30pm</p>	<p><b>29</b></p> <p><b>Prenatal Classes</b> NEVHC Pacoima Health Center 8:30am – 4:00pm Group &amp; one-on-one classes available. Call for appointment: (818) 270 – 9508.</p> <p><b>Grocery Store Tour @ Food 4 Less</b> 12689 Glenoaks Blvd Sylmar, CA 91342 10:00 - 11:00am</p> <p><b>Prenatal (One-on-one) Classes</b> NEVHC San Fernando Health Center 1:00 – 4:00pm Call for appointment: (818) 270 – 9508.</p>	<p><b>30</b></p> <p><i>Follow us on...</i></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.



NEVHC is a Joint Commission accredited, licensed community health center and is certified as a Primary Care Medical home.



For CalFresh information, call 1-877-847-3663. Funded by USDA SNAP-Ed, an equal opportunity provider and employer. Visit [www.CaChampionsForChange.net](http://www.CaChampionsForChange.net) for healthy tips.

*At NEVHC, we make the healthy choice  
the easy choice for today's families!*