







Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Locations:</b></p> <p><b>NEVHC Canoga Park Health Center</b> 7107 Remmet, Canoga Park</p> <p><b>NEVHC Newhall Health Center</b> 23413 Lyons Ave., Newhall</p> <p><b>NEVHC Pacoima Health Center</b> 12756 Van Nuys Blvd., Pacoima</p> <p><b>NEVHC Pacoima Plaza Women's Health Center</b> 12759 Van Nuys Blvd., Pacoima</p>	<p><b>NEVHC San Fernando Health Center</b> 1600 San Fernando Rd., San Fernando</p> <p><b>NEVHC Santa Clarita Health Center</b> 18533 Soledad Canyon Rd., Canyon Country</p> <p><b>NEVHC Sun Valley Health Center</b> 7223 Fair Ave., Sun Valley</p> <p><b>NEVHC Teen Health Center</b> San Fernando High School 11051 North O'Melveny Ave., San Fernando</p>	<p><b>NEVHC Transition to Wellness (TTW)</b> 6551 Van Nuys Blvd Suite 201, Van Nuys</p> <p><b>NEVHC Valencia Health Center</b> 23763 Valencia Blvd., Valencia</p> <p><b>NEVHC Van Nuys Adult Health Center</b> 14624 Van Nuys Blvd (6th Floor), Van Nuys</p> <p><b>NEVHC Van Nuys Pediatric Health Center</b> 7138 Van Nuys Blvd Van Nuys</p>	<div style="border: 2px solid blue; border-radius: 50%; padding: 20px; width: fit-content; margin: auto;"> <p><b>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.</b></p> </div>		<p><b>1</b></p> <p><b>Harvesting Health</b> 8:30 – 10:30am Vaughn Family &amp; Community Center 11201 Herrick Avenue Pacoima, CA</p>
<p><b>3</b></p> <p><b>Prenatal Classes</b> NEVHC Newhall Health Center 9:00am – 4:00pm Group &amp; one-on-one classes available. Call for appointment: (818) 270 – 9508.</p>	<p><b>4</b></p> <p><b>Prenatal (One-on-one) Classes</b> NEVHC San Fernando Health Center 8:30am – 11:30am Call for appointment: (818) 270 – 9508.</p>	<p><b>5</b></p> <p><b>Diabetes Prevention</b> NEVHC San Fernando Health Center 10:00am – 12:00pm</p> <p><b>Healthier Living</b> NEVHC Van Nuys Adult Health Center 1:00pm – 3:00pm</p> <p><b>Diabetes Self-Management</b> NEVHC Sun Valley Health Center 6:00pm – 7:30pm</p>	<p><b>6</b></p> <p><b>Blood Pressure Class</b> NEVHC Pacoima Health Center 8:30 - 9:30am</p> <p><b>Harvesting Health</b> LA Care Family Resource Center 10807 San Fernando Rd, Pacoima, CA 91331 9:00 – 10:30am</p> <p><b>Tomando Control</b> NEVHC Pacoima Health Center 9:30 – 11:30am</p> <p><b>Prenatal (One-on-one) Classes</b> NEVHC San Fernando Health Center 1:00pm – 3:00pm Call for appointment: (818) 270 – 9508.</p>	<p><b>7</b></p> <p><b>Prenatal Classes</b> NEVHC Pacoima Plaza Women's Health Center 9:00am – 4:00pm Group &amp; one-on-one classes available. Call for appointment: (818) 270 – 9508.</p> <p><b>Choose Health</b> NEVHC Santa Clarita Health Center 9:00 – 10:30am</p> <p><b>Diabetes Self-Management</b> NEVHC Pacoima Health Center 9:30 – 11:00am</p> <p><b>Prenatal (One-on-one) Classes</b> NEVHC San Fernando Health Center 12:50 – 3:30pm Call for appointment: (818) 270 – 9508.</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 9:00am – 4:00pm Group &amp; one-on-one classes available. Call for appointment: (818) 270 – 9508.</p>	<p><b>11</b></p> <p><b>Prenatal (One-on-one) Classes</b> NEVHC San Fernando Health Center 8:30am – 11:30am Call for appointment: (818) 270 – 9508.</p>	<p><b>12</b></p> <p><b>Diabetes Prevention</b> NEVHC San Fernando Health Center 10:00am – 12:00pm</p> <p><b>Healthier Living</b> NEVHC Van Nuys Adult Health Center 1:00pm – 3:00pm</p> <p><b>Eat Healthy, Live Healthy</b> NEVHC Sun Valley Health Center 5:30 – 6:30pm (English)</p> <p><b>Diabetes Self-Management</b> NEVHC Sun Valley Health Center 6:00pm – 7:30pm</p>	<p><b>13</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 1:00pm – 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>14</b></p> <p><b>Prenatal Classes</b> NEVHC Pacoima Plaza Women's Health Center 9:00am – 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>Diabetes Self-Management</b> NEVHC Pacoima Health Center 9:30 – 11:00am</p> <p><b>Prenatal (One-on-one) Classes</b> NEVHC San Fernando Health Center 12:50 – 3:30pm Call for appointment: (818) 270 – 9508.</p>	<p><b>15</b></p>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>17</b></p> <p><b>Prenatal Classes</b> NEVHC Newhall Health Center 9:00am – 4:00pm Group &amp; one-on-one classes available. Call for appointment: (818) 270 – 9508.</p>	<p><b>18</b></p> <p><b>Prenatal Classes</b> NEVHC San Fernando Health Center 8:30am – 11:30am 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>19</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>Diabetes Prevention</b> NEVHC San Fernando Health Center 10:00am – 12:00pm</p> <p><b>Blood Pressure Class</b> NEVHC Van Nuys Adult 3:30 - 4:30pm</p> <p><b>Diabetes Self-Management</b> NEVHC Sun Valley Health Center 6:00pm – 7:30pm</p>	<p><b>20</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 1:00pm – 3:00pm Call for appointment: (818) 270 – 9508.</p> <p><b>Blood Pressure Class</b> NEVHC Valencia Health Center 3:30 - 4:30pm</p> <p><b>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 Plaza Women's Health Center 9:00am – 4:00pm Group &amp; one-on-one classes available. Call for appointment: (818) 270 – 9508.</p> <p><b>Choose Health</b> NEVHC Santa Clarita Health Center 9:00 – 10:30am</p> <p><b>Diabetes Self-Management</b> NEVHC Pacoima Health Center 9:30 – 11:00am</p> <p><b>Prenatal Classes</b> NEVHC San Fernando Health Center 12:50 – 3:30pm Call for appointment: (818) 270 – 9508.</p>	<p><b>22</b></p>
<p><b>24</b></p> <p><b>Prenatal Classes</b> NEVHC Newhall Health Center 9:00am – 4:00pm Group &amp; one-on-one classes available. Call for appointment: (818) 270 – 9508.</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>25</b></p> <p><b>Prenatal (One-on-one) Classes</b> NEVHC San Fernando Health Center 8:30am – 11:30am Call for appointment: (818) 270 – 9508.</p> <p><b>Grocery Store Tour @ Food 4 Less</b> 8035 Webb Ave. North Hollywood, CA 91605 10:00 - 11:00am</p> <p><b>Patient &amp; Family Advisory Council</b> NEVHC San Fernando Health Center 10:30am – 12:00pm</p> <p><b>Eat Healthy, Live Healthy</b> NEVHC Pacoima Health Center 5:30 – 6:30pm (Spanish)</p> <p><b>Asthma Class</b> NEVHC Canoga Park Health Center 5:00pm – 7:30pm</p>	<p><b>26</b></p> <p><b>Diabetes Prevention</b> NEVHC San Fernando Health Center 10:00am – 12:00pm</p> <p><b>Eat Healthy, Live Healthy</b> Henry Mayo Fitness &amp; Health 24525 Town Center Drive, Valencia, CA 3:30 – 4:30pm (English/Spanish)</p> <p><b>Blood Pressure Class</b> NEVHC TTW 3:30 - 4:30pm</p> <p><b>Diabetes Self-Management</b> NEVHC Sun Valley Health Center 6:00pm – 7:30pm</p>	<p><b>27</b></p> <p><b>Grocery Store Tour @ Food 4 Less</b> 12765 Van Nuys Blvd Pacoima, CA 91331 10:00 - 11:00am</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 Plaza Women's Health Center 9:00am – 4:00pm Group &amp; one-on-one classes available. Call for appointment: (818) 270 – 9508.</p> <p><b>Diabetes Self-Management</b> NEVHC Pacoima Health Center 9:30 – 11:00am</p> <p><b>Grocery Store Tour @ Food 4 Less</b> 12689 Glenoaks Blvd Sylmar, CA 91342 10:00 - 11:00am</p> <p><b>Prenatal Classes</b> NEVHC San Fernando Health Center 12:50 – 3:30pm Call for appointment: (818) 270 – 9508.</p>	<p><b>29</b></p> <p><i>Follow us on...</i></p> <p>   </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.

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