Northeast Valley Health Corporation
a california health+ center

Health Education Department
Program Descriptions

Health Education classes are offered at select Northeast Valley Health Corporation sites and are taught by specialized Health Educators, Family Medicine Care Coordinators, Community Health Workers, and/or Registered Dietitians. All classes are free of charge. For more information, to register, or to speak to a Health Educator please call the Health Education Line at **(818) 270-9508** or e-mail **HealthEd@nevhc.org**.

Chronic Disease Management

Breathe Easy (Asthma Program)
An asthma education class is offered once a month for parents of asthmatic children and for adult asthma patients. The purpose of the group class is to improve the management of asthma and the quality of life for patients with asthma and their families by coordinating asthma related services through case management. Topics include: Reducing and managing asthma symptoms, asthma control, triggers, asthma medicines, which inhaler do you use, and developing individualized action plan to control asthma.

Cancer Prevention (Adults)
A 3-series class designed to increase knowledge on preventing cancer through education and empowerment. Participants will learn how to reduce their risk of developing cancer through healthy eating, active living, screening, and stress management. Cancer classes include breast cancer, colon cancer and prostate cancer.

Healthier Living: Managing Ongoing Health Conditions/Tomando Control de su Salud (Chronic Disease Management Workshops)
An evidence-based, 6-session program for individuals diagnosed with a chronic condition. The program is designed to give participants the skills and techniques to deal with problems such as frustration, fatigue, pain and isolation; learn appropriate exercise for maintaining and improving strength, flexibility and endurance; appropriate use of medications; communicating effectively with family, friends and health professionals; healthy eating; appropriate use of healthcare system; and how to evaluate new treatments.

Healthy Heart (Blood Pressure Class)
A 1-hour monthly group class designed to prevent and control high blood pressure. The class is tailored to individuals who have high blood pressure, high blood cholesterol, or heart disease. Participants will learn what blood pressure is and how it affects the body; what high blood cholesterol is; risk factors for heart disease; why it is important to keep blood pressure under control; and ways to control blood pressure through diet/nutrition- including low fat, low salt, and low cholesterol dining; stress management; medications; and physical activity.

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National Diabetes Prevention Program
An evidence-based, lifestyle change intervention program design to prevent pre-diabetic individuals from developing diabetes. Participants will develop problem solving skills to improve eating habits, increase physical activity, cope with stress, and lose weight. The objective of the 16-session workshop followed by 6 follow-up classes is:

1. A modest reduction of 7% of body weight
2. At least 150 minutes of physical activity per week

Project Dulce: Diabetes among Friends (Diabetes Self-Management Education)
An evidence-based and American Diabetes Association (ADA) recognized education program. The 5-session, 2 hour classes are designed for individuals with diabetes, or family members of individuals with diabetes. Participants will learn what diabetes is and how it affects the body, the different types of diabetes, diabetes-related complications and how to avoid these, nutritional guidelines, medication use, home blood glucose monitoring, exercise, and self-care strategies. In addition, participants will develop individualized goals to better manage their diabetes.

Smoking Cessation
This is an individually-tailored group counseling service for the patient who is thinking about quitting. The counseling offers resources and skills to take the first step and stay on track. This service requires a referral from your NEVHC provider. If you are interested in participating, please discuss this class with your provider or call the Health Education Department for more information.

Garden Activities

Kids Garden Club
A summer workshop that aims to teach children gardening basics and increase an understanding of where food comes from.

Garden Taskforce
Interactive, quarterly meetings with NEVHC staff, patients, and community leaders to share ideas for integrating gardening into our health center(s) and community. Join us to cultivate wellness in our community!

Garden Trainings
Hands-on workshops that teach families basic gardening techniques; including: Planting, transplanting, composting, pest management, harvesting and more.

Garden Workdays
Also knows as “Garden Parties” are fun days filled with music, nature, and laughter. Individuals join together to help beautify community gardens. Activities may include weeding, harvesting, planting, and turning compost.

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Healthy Eating, Active Living

Choose Health
A nutrition group session for patients who want to learn how to make the healthy choice the easy choice. Our Registered Dietitian Nutrition will uncover food facts and myths. Participants will also have the opportunity to "Ask the Dietitian" burning questions related to nutrition trends, diets, and foods.

Eat Healthy, Live Healthy (Nutrition Class for Families)
A monthly, 1-hour nutrition workshop where individuals will learn how to make balanced meals, stretch their food dollars, learn about free and low-cost resources for food, share delicious recipes, develop self-management goals, and so much more! The one-hour workshop will be offered in English and Spanish and taught by Registered Dietitian/Nutritionists and specialized Health Educators. This workshop is available for all ages and open to friends, family and community.

Family Cooking Club
A 5-week, interactive nutrition workshop that includes hands-on cooking activities for children and parents that encourages families to plan and cook healthy meals together.

Grocery Store Tours (Adults/Children)
Interactive tours of local grocery stores are led by Registered Dietitian/Nutritionists or Health Educators. Participants learn how to shop on a budget, compare food labels, the latest food fads, and share cooking techniques. Tours could be incorporated into any of the above listed classes.

Healthy Eating, Active Living (Adults)
This interactive workshop will teach adults about healthy eating, including eating the recommended amounts of fruits and vegetables and enjoying physical activity every day. They will also learn many techniques to empower others to advocate for changes that make the healthy choices easier in their community.

Kids Fit (Ages 8 -13 years) / Youth Fit (Ages 13 – 18 years)
A nutrition group class designed to provide youth with knowledge and skills to live a healthy lifestyle. The workshops are tailored to youths' needs. Groups are divided between 8-13 year olds and 13-18 year olds. This program covers topics, such as: Portion control, label reading, how to choose wisely while outing out, shopping for and preparing nutritious meals, and family-centered physical activities to motivate families to be healthy and fit.

Walking Group for Better Health
An 8-session program that creates opportunities for patients and their families to walk and enhance their overall health, well-being, and longevity. Walking for Better Health is a walking support group for all NEVHC patients, families, and community members who have a desire to lose weight, increase their physical activity and/or better manage their chronic diseases.

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Women's Health

Prenatal Care (Comprehensive Perinatal Services Program, CPSP) Classes

A 7-session series of classes provided for Women's Health patients in conjunction with WIC participants. Participants are encouraged to take the whole series or selected topics based on their needs. Group classes or one-on-one counseling sessions are available. Topics include: Pregnancy and fetal development, labor and delivery, breastfeeding, reproductive health choices, infant care, signs and symptoms, childhood health and safety, and parenting.