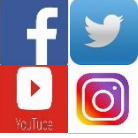






Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Locations:</p> <p>NEVHC Canoga Park HC 7107 Remmet, Canoga Park</p> <p>NEVHC Newhall HC 23413 Lyons Ave., Newhall</p> <p>NEVHC Pacoima HC 12756 Van Nuys Blvd., Pacoima</p> <p>NEVHC Pacoima Plaza Women's Health Center 12759 Van Nuys Blvd., Pacoima</p>	<p>NEVHC San Fernando HC 1600 San Fernando Rd., San Fernando</p> <p>NEVHC Santa Clarita HC 18533 Soledad Canyon Rd., Canyon Country</p> <p>NEVHC Sun Valley HC 7223 Fair Ave., Sun Valley</p> <p>NEVHC Teen HC San Fernando High School 11051 North O'Melveny Ave., San Fernando</p>	<p>NEVHC Transition to Wellness 6551 Van Nuys Blvd Suite 201, Van Nuys</p> <p>NEVHC Valencia HC 23763 Valencia Blvd., Valencia, CA</p> <p>NEVHC Van Nuys Adult HC 14624 Van Nuys Blvd (6th Floor), Van Nuys</p> <p>NEVHC Van Nuys Pediatric HC 7138 Van Nuys Blvd Van Nuys, CA 91405</p>		<p>1</p> <p>Prenatal Classes NEVHC Pacoima Plaza Women's Health Center 9:00am – 12:00pm one-on-one classes available. Call for appointment: (818) 270 – 9508.</p> <p>Diabetes Prevention NEVHC Pacoima Health Center 9:30am – 11:30am</p> <p>Prenatal (One-on-one) Classes NEVHC San Fernando Health Center 1:00 – 4:00pm Call for appointment: (818) 270 – 9508.</p> <p>Harvesting Health Pop-Up Produce Market 1:30-3:00pm Vaughn Family & Community Center 11201 Herrick Avenue Pacoima, CA</p>	<p>2</p>
<p>4</p> <p>Prenatal Classes NEVHC Newhall Health Center 9:00am – 4:00pm Group & one-on-one classes available. Call for appointment: (818) 270 – 9508.</p>	<p>5</p> <p>Prenatal (One-on-one) Classes NEVHC San Fernando Health Center 9:00am – 12:00pm Call for appointment: (818) 270 – 9508.</p>	<p>6</p>	<p>7</p> <p>Blood Pressure Class NEVHC Pacoima Health Center 8:30 - 9:30pm</p> <p>Healthy Eating and Active Living - Harvesting Health L.A. Care Family Resource Center 10807 San Fernando Rd, Pacoima, CA 91331 9:00-10:30am</p> <p>Prenatal (One-on-one) Classes NEVHC San Fernando Health Center 9:00 am – 4:00pm Call for appointment: (818) 270 – 9508.</p>	<p>8</p> <p>Prenatal Classes NEVHC Pacoima Plaza Women's Health Center 9:00am – 12:00pm one-on-one classes available. Call for appointment: (818) 270 – 9508.</p> <p>Eat Healthy, Live Healthy NEVHC Sun Valley Health Center 9:00 – 10:00am (Spanish)</p> <p>Diabetes Prevention NEVHC Pacoima Health Center 9:30am – 11:30am</p> <p>Prenatal (One-on-one) Classes NEVHC San Fernando Health Center 1:00 – 4:00pm Call for appointment: (818) 270 – 9508.</p>	<p>9</p> <p>Eat Healthy, Live Healthy NEVHC Pacoima Health Center 10:00 – 11:00am (English)</p>
<p>11</p> <p>Prenatal Classes NEVHC Newhall Health Center 9:00am – 4:00pm Group & one-on-one classes available. Call for appointment: (818) 270 – 9508.</p>	<p>12</p> <p>Prenatal (One-on-one) Classes NEVHC San Fernando Health Center 9:00am – 12:00pm Call for appointment: (818) 270 – 9508.</p>	<p>13</p> <p>Eat Healthy, Live Healthy NEVHC Sun Valley Health Center 5:30 – 6:30pm (English)</p> <p>Prenatal Classes NEVHC Pacoima Health Center 9:00am – 4:00pm Group & one-on-one classes available. Call for appointment: (818) 270 – 9508.</p> <p>Asthma Class NEVHC Newhall Health Center 5:00pm – 7:30pm</p>	<p>14</p> <p>Prenatal (One-on-one) Classes NEVHC Santa Clarita Health Center 9:00am – 12:00pm Call for appointment: (818) 270 – 9508.</p> <p>Prenatal (One-on-one) Classes NEVHC San Fernando Health Center 9:00am – 4:00pm Call for appointment: (818) 270 – 9508.</p> <p>Blood Pressure Class NEVHC Santa Clarita Health Center 3:30 - 4:30pm</p> <p>Blood Pressure Class NEVHC Sun Valley Health Center 3:30 - 4:30pm</p> <p>Eat Healthy, Live Healthy NEVHC San Fernando Health Center 5:30 – 6:30pm (English)</p>	<p>15</p> <p>Prenatal Classes NEVHC Pacoima Plaza Women's Health Center 9:00am – 12:00pm one-on-one classes available. Call for appointment: (818) 270 – 9508.</p> <p>Choose Health NEVHC Santa Clarita Health Center 9:30 – 11:00am</p> <p>Diabetes Prevention NEVHC Pacoima Health Center 9:30am – 11:30am</p> <p>Prenatal (One-on-one) Classes NEVHC San Fernando Health Center 1:00 – 4:00pm Call for appointment: (818) 270 – 9508.</p>	<p>16</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:
www.NEVHC.org.**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18 Prenatal Classes NEVHC Newhall Health Center 9:00am – 4:00pm Group & one-on-one classes available. Call for appointment: (818) 270 – 9508.	19 Prenatal Classes NEVHC San Fernando Health Center 9:00am – 12:00pm Group & one-on-one classes available. Call for appointment: (818) 270 – 9508. Harvesting Health NEVHC San Fernando Health Center 9:30-10:30am Eat Healthy, Live Healthy NEVHC Pacoima Health Center 5:30–6:30pm (Spanish)	20 Eat Healthy, Live Healthy Henry Mayo Fitness & Health 24525 Town Center Drive, Valencia, CA 3:30 – 4:30pm (Spanish & English) Prenatal Classes NEVHC Sun Valley Health Center 10:00am – 6:00pm Group & one-on-one classes available. Call for appointment: (818) 270 – 9508. Blood Pressure Class NEVHC Van Nuys Adult 3:30 - 4:30pm	21 Prenatal (One-on-one) Classes NEVHC Santa Clarita Health Center 9:00am – 12:00pm Call for appointment: (818) 270 – 9508. Prenatal (One-on-one) Classes NEVHC San Fernando Health Center 9:00am – 4:00pm Call for appointment: (818) 270 – 9508. Blood Pressure Class NEVHC Valencia Health Center 3:30 - 4:30pm Eat Healthy, Live Healthy NEVHC San Fernando Health Center 5:30 – 6:30pm (Spanish)	22 Prenatal Classes NEVHC Pacoima Health Center 9:00am – 12:00pm one-on-one classes available. Call for appointment: (818) 270 – 9508. Diabetes Prevention NEVHC Pacoima Health Center 9:30am – 11:30am Harvesting Health Pop-Up Produce Market NEVHC Sun Valley Health Center 11:30am – 1:30pm Prenatal Classes NEVHC San Fernando Health Center 1:00 – 4:00pm Call for appointment: (818) 270 – 9508.	23 <i>Follow us on...</i> 
25 Prenatal Classes NEVHC Newhall Health Center 9:00am – 4:00pm Group & one-on-one classes available. Call for appointment: (818) 270 – 9508.	26 Prenatal (One-on-one) Classes NEVHC San Fernando Health Center 9:00am – 12:00pm Call for appointment: (818) 270 – 9508. Patient & Family Advisory Council NEVHC San Fernando Health Center 10:00am – 11:30am	27 Blood Pressure Class NEVHC TTW 3:30 - 4:30pm Prenatal Classes NEVHC Pacoima Health Center 9:00am – 4:00pm Group & one-on-one classes available. Call for appointment: (818) 270 – 9508.	28 All NEVHC Health Clinics and offices are closed to celebrate Thanksgiving. 	29 All NEVHC Health Clinics and offices are closed to celebrate Thanksgiving. 	30

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!*