
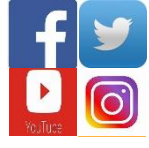




Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	<p>3</p> <p>Prenatal (One-on-one) Classes NEVHC San Fernando Health Center 9:00am – 12:00pm Call for appointment: (818) 270 – 9508.</p>	4	<p>5</p> <p>Blood Pressure Class NEVHC Pacoima Health Center 8:30 - 9:30am</p> <p>Prenatal (One-on-one) Classes NEVHC San Fernando Health Center 9:00am – 4:00pm Call for appointment: (818) 270 – 9508.</p> <p>HEAL/Harvesting Health L.A. Care Family Resource Center 10807 San Fernando Rd, Pacoima, CA 91331 9:00-10:30am</p>	<p>6</p> <p>Prenatal Classes NEVHC Pacoima Plaza Women's Health Center 9:00am – 12:00pm Group & 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>	7
<p>9</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>10</p> <p>Prenatal (One-on-one) Classes NEVHC San Fernando Health Center 9:00am – 12:00pm Call for appointment: (818) 270 – 9508.</p> <p>Asthma Class NEVHC Canoga Park Health Center 5:00 - 7:30pm</p>	<p>11</p> <p>Eat Healthy, Live Healthy NEVHC Sun Valley Health Center 5:30 – 6:30pm (English)</p>	<p>12</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 – 3:30pm 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>13</p> <p>Prenatal Classes NEVHC Pacoima 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>14</p> <p>Eat Healthy, Live Healthy NEVHC Pacoima Health Center 10:00 – 11:00am (English)</p>
<p>16</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>Grocery Store Tour @ Trader Joe's 26517 Bouquet Canyon Rd. Santa Clarita, CA 91350 10:00 - 11:00am</p>	<p>Prenatal (One-on-one) Classes NEVHC San Fernando Health Center 9:00am – 12:00pm Call for appointment: (818) 270 – 9508.</p> <p>Harvesting Health NEVHC San Fernando Health Center 9:30-10:30am</p> <p>Eat Healthy, Live Healthy NEVHC Pacoima Health Center 5:30–6:30pm (Spanish)</p> <p>Grocery Store Tour @ Food 4 Less 8035 Webb Ave. North Hollywood, CA 91605 10:00 -11:00am</p> <p>Patient & Family Advisory Council NEVHC San Fernando Health Center 10:00am – 11:30am</p>	<p>18</p> <p>Prenatal Classes NEVHC Sun Valley Health Center 10:00am – 6:00pm Group & one-on-one classes available. Call for appointment: (818) 270 – 9508.</p> <p>Eat Healthy, Live Healthy Henry Mayo Fitness & Health 24525 Town Center Drive, Valencia, CA 3:30 – 4:30pm (Spanish & English)</p> <p>Blood Pressure Class NEVHC Van Nuys Adult 3:30 - 4:30pm</p>	<p>19</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 Valencia Health Center 3:30 - 4:30pm</p> <p>Grocery Store Tour @ Food 4 Less 12765 Van Nuys Blvd Pacoima, CA 91331 10:00 - 11:00am</p> <p>Eat Healthy, Live Healthy NEVHC San Fernando Health Center 5:30 – 6:30pm (Spanish)</p>	<p>20</p> <p>Prenatal Classes NEVHC Pacoima 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 – 11:00am</p> <p>Prenatal (One-on-one) Classes NEVHC San Fernando Health Center 1:00 – 4:00pm Call for appointment: (818) 270 – 9508</p> <p>Grocery Store Tour @ Food 4 Less 12689 Glenoaks Blvd Sylmar, CA 91342 10:00 - 11:00am</p>	21

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
23 Prenatal Classes NEVHC Newhall Health Center 9:00am – 4:00pm Group & one-on-one classes available. Call for appointment: (818) 270 – 9508.	24 <i>All NEVHC Health Clinics and offices are closed to celebrate Thanksgiving.</i> 	25 <i>All NEVHC Health Clinics and offices are closed to celebrate Thanksgiving.</i> 	26 Blood Pressure Class NEVHC San Fernando Health Center 3:30 - 4:30pm	27 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 – 11:00am Harvesting Health-Pop-Up Produce Market NEVHC San Fernando Health Center 11:30am – 1:30pm Prenatal Classes NEVHC San Fernando Health Center 1:00 – 4:00pm Call for appointment: (818) 270 – 9508	28 <i>Follow us on...</i> 
30 Prenatal Classes NEVHC Newhall Health Center 9:00am – 4:00pm Group & one-on-one classes available. Call for appointment: (818) 270 – 9508.	31 Prenatal (One-on-one) Classes NEVHC San Fernando Health Center 9:00am – 12:00pm Call for appointment: (818) 270 – 9508.		Locations: <div style="display: flex; flex-wrap: wrap;"> <div style="width: 33%;"> NEVHC Canoga Park HC 7107 Remmet, Canoga Park </div> <div style="width: 33%;"> NEVHC San Fernando HC 1600 San Fernando Rd., San Fernando </div> <div style="width: 33%;"> NEVHC Transition to Wellness 6551 Van Nuys Blvd Suite 201, Van Nuys </div> <div style="width: 33%;"> NEVHC Newhall HC 23413 Lyons Ave., Newhall </div> <div style="width: 33%;"> NEVHC Santa Clarita HC 18533 Soledad Canyon Rd., Canyon Country </div> <div style="width: 33%;"> NEVHC Valencia HC 23763 Valencia Blvd., Valencia, CA </div> <div style="width: 33%;"> NEVHC Pacoima HC 12756 Van Nuys Blvd., Pacoima </div> <div style="width: 33%;"> NEVHC Sun Valley HC 7223 Fair Ave., Sun Valley </div> <div style="width: 33%;"> NEVHC Van Nuys Adult HC 14624 Van Nuys Blvd (6th Floor), Van Nuys </div> <div style="width: 33%;"> NEVHC Pacoima Plaza Women's Health Center 12759 Van Nuys Blvd., Pacoima </div> <div style="width: 33%;"> NEVHC Teen HC San Fernando High School 11051 North O'Melveny Ave., San Fernando </div> <div style="width: 33%;"> NEVHC Van Nuys Pediatric HC 7138 Van Nuys Blvd Van Nuys, CA </div> </div>		

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!*



Northeast Valley Health Corporation
a californihealth center



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. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP