




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</p>	<p>1</p> <p>All NEVHC clinics and offices will be closed for New Year's Day.</p> 	<p>2</p> <p>Blood Pressure Class NEVHC Pacoima Health Center 8:30 - 9:30am</p> <p>HEAL/Harvesting Health L.A. Care Family Resource Center 10807 San Fernando Rd, Pacoima, CA 91331 9:00-10:30am</p>	<p>3</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>Prenatal (One-on-one) Classes NEVHC San Fernando Health Center 1:00 - 4:00pm Call for appointment: (818) 270 - 9508.</p>	<p>4</p>
<p>6</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>7</p> <p>Prenatal (One-on-one) Classes NEVHC San Fernando Health Center 9:00am - 12:00pm Call for appointment: (818) 270 - 9508.</p>	<p>8</p> <p>HEAL: Healthy Eating, Active Living NEVHC Sun Valley Health Center 5:30 - 6:30pm (English)</p>	<p>9</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 1:00pm - 4:00pm Call for appointment: (818) 270 - 9508.</p> <p>Diabetes 101 NEVHC Pacoima Health Center 10:30 - 11:30am</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>10</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>HEAL: Healthy Eating, Active Living NEVHC Sun Valley Health Center 9:00 - 10:00am (Spanish)</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>11</p> <p>Harvesting Health Garden Workday and Pop-Up Produce Market 8:30 - 10:30am Vaughn Family & Community Center 11201 Herrick Avenue Pacoima, CA</p> <p>Asthma Class NEVHC San Fernando Health Center 10:00am - 12:30pm</p>
<p>13</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>14</p> <p>Prenatal (One-on-one) Classes NEVHC San Fernando Health Center 9:00am - 12:00pm Call for appointment: (818) 270 - 9508.</p>	<p>15</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>Blood Pressure Class NEVHC Van Nuys Adult 3:30 - 4:30pm</p> <p>Diabetes Self-Management NEVHC Pacoima Health Center 4:00 - 5:30pm</p>	<p>16</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>17</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 - 11:00am</p> <p>Prenatal (One-on-one) Classes NEVHC San Fernando Health Center 1:00 - 4:00pm Call for appointment: (818) 270 - 9508.</p>	<p>18</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
<p>20</p> <p>All NEVHC clinics and offices will be closed for Martin Luther King, Jr. Day.</p> 	<p>21</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>22</p> <p>HEAL: Healthy Eating, Active Living Henry Mayo Fitness & Health 24525 Town Center Drive, Valencia, CA 3:30 – 4:30pm (Spanish & English)</p> <p>Blood Pressure Class NEVHC TTW 3:30 - 4:30pm</p> <p>Diabetes Self-Management NEVHC Pacoima Health Center 4:00 – 5:30pm</p>	<p>23</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 San Fernando Health Center 3:30 - 4:30pm</p>	<p>24</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>Diabetes Prevention NEVHC Pacoima Health Center 9:30am – 11:00am</p> <p>Harvesting Health-Pop-Up Produce Market NEVHC Pacoima Health Center 11:30am – 1:30pm</p> <p>Prenatal Classes NEVHC San Fernando Health Center 1:00 – 4:00pm Call for appointment: (818) 270 – 9508</p>	<p>25</p> <p><i>Follow us on...</i></p> 
<p>27</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>Harvesting Health-Pop-Up Produce Market NEVHC San Fernando Health Center 1:15-2:15pm</p>	<p>28</p> <p>Prenatal (One-on-one) Classes NEVHC San Fernando Health Center 9:00am – 12:00pm Call for appointment: (818) 270 – 9508.</p> <p>Diabetes Self-Management NEVHC San Fernando Health Center 8:30 – 10:30am</p> <p>Patient & Family Advisory Council NEVHC San Fernando Health Center 10:30-12:00pm</p> <p>HEAL: Healthy Eating, Active Living NEVHC Pacoima Health Center 5:30–6:30pm (Spanish)</p>	<p>29</p> <p>Diabetes Self-Management NEVHC Pacoima Health Center 4:00 – 5:30pm</p>	<p>30</p> <p>Prenatal (One-on-one) Classes NEVHC San Fernando Health Center 9:00am – 4:00pm Call for appointment: (818) 270 – 9508.</p>	<p>31</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>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>	

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!*