<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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</thead>
<tbody>
<tr>
<td>2  Prenatal Classes NEVHC Newhall Health Center 9:00am – 4:00pm Group &amp; one-on-one classes available. Call for appointment: (818) 270 – 9508.</td>
<td>3  Prenatal (One-on-one) Classes NEVHC San Fernando Health Center 9:00am – 12:00pm Call for appointment: (818) 270 – 9508.</td>
<td>4  Blood Pressure Class NEVHC Pacoima Health Center 8:30 – 9:30am Diabetes Prevention NEVHC San Fernando Health Center 10:00am – 11:30am Diabetes 101 NEVHC Pacoima Health Center 10:30am – 11:30am HEAL/Harvesting Health L.A. Care Family Resource Center 10807 San Fernando Rd, Pacoima, CA 91331 9:00-10:30am Prenatal (One-on-one) Classes NEVHC San Fernando Health Center 1:00pm – 4:00pm Call for appointment: (818) 270 – 9508.</td>
<td>5  Prenatal Classes NEVHC Pacoima Plaza Women’s Health Center 9:00am – 12:00pm Group &amp; one-on-one classes available. Call for appointment: (818) 270 – 9508.</td>
<td>6  Prenatal (One-on-one) Classes NEVHC San Fernando Health Center 1:00 – 4:00pm Call for appointment: (818) 270 – 9508.</td>
<td>7  Harvesting Health Garden Workday and Pop-Up Produce Market 8:30 – 10:30am Vaughn Family &amp; Community Center 11201 Herrick Avenue Pacoima, CA</td>
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<td>9  Prenatal Classes NEVHC Newhall Health Center 9:00am – 4:00pm Group &amp; one-on-one classes available. Call for appointment: (818) 270 – 9508.</td>
<td>10 Prenatal (One-on-one) Classes NEVHC San Fernando Health Center 9:00am – 12:00pm Call for appointment: (818) 270 – 9508.</td>
<td>11 HEAL: Healthy Eating, Active Living NEVHC Sun Valley Health Center 5:30 – 6:30pm (English)</td>
<td>12 Diabetes Prevention NEVHC San Fernando Health Center 10:00am – 11:30am 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 1:00pm – 4:00pm Call for appointment: (818) 270 – 9508. Blood Pressure Class NEVHC Santa Clarita Health Center 3:30 – 4:30pm Blood Pressure Class NEVHC Sun Valley Health Center 3:30 – 4:30pm</td>
<td>13 Prenatal Classes NEVHC Pacoima Plaza Women’s Health Center 9:00am – 12:00pm Group &amp; one-on-one classes available. Call for appointment: (818) 270 – 9508.</td>
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<td>16 Prenatal Classes NEVHC Newhall Health Center 9:00am – 4:00pm Group &amp; one-on-one classes available. Call for appointment: (818) 270 – 9508. Diabetes Self-Management NEVHC Sun Valley Health Center 9:00 – 11:00am Kids Fit NEVHC San Fernando Health Center 3:30 pm – 5:30pm</td>
<td>17 Prenatal (One-on-one) Classes NEVHC San Fernando Health Center 9:00am – 12:00pm Call for appointment: (818) 270 – 9508. Harvesting Health NEVHC San Fernando Health Center 9:30-10:30am</td>
<td>18 Prenatal Classes NEVHC Sun Valley Health Center 10:00am – 6:00pm Group &amp; one-on-one classes available. Call for appointment: (818) 270 – 9508. Blood Pressure Class NEVHC Van Nuys Adult 3:30 - 4:30pm Asthma Class NEVHC Sun Valley Health Center 5:00pm – 7:30pm HEAL: Healthy Eating, Active Living NEVHC Pacoima Health Center 5:00–6:00pm (English)</td>
<td>19 Prenatal (One-on-one) Classes NEVHC Santa Clarita Health Center 9:00am – 12:00pm Call for appointment: (818) 270 – 9508. Diabetes Prevention NEVHC San Fernando Health Center 10:00am – 11:30am Prenatal (One-on-one) Classes NEVHC San Fernando Health Center 1:00pm – 4:00pm Call for appointment: (818) 270 – 9508. Blood Pressure Class NEVHC Valencia Health Center 3:30 – 4:30pm</td>
<td>20 Prenatal Classes NEVHC Pacoima Plaza Women’s Health Center 9:00am – 12:00pm Group &amp; one-on-one classes available. Call for appointment: (818) 270 – 9508.</td>
<td>21</td>
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### Monday
- **Prenatal Classes**
  - NEVHC Newhall Health Center
  - 9:00am – 4:00pm
  - Group & one-on-one classes available.
  - Call for appointment: (818) 270 – 9508.

### Tuesday
- **Prenatal (One-on-one) Classes**
  - NEVHC San Fernando Health Center
  - 9:00am – 12:00pm
  - Call for appointment: (818) 270 – 9508.
- **Grocery Store Tour @ Food 4 Less**
  - 8035 Webb Ave., North Hollywood, CA
  - 9:00am – 11:00am
- **Patient & Family Advisory Council**
  - NEVHC San Fernando Health Center
  - 10:30-12:00pm
- **HEAL: Healthy Eating, Active Living**
  - NEVHC Pacoima Health Center
  - 5:30-6:30pm
  - (Spanish)

### Wednesday
- **Prenatal (One-on-one) Classes**
  - NEVHC San Fernando Health Center
  - 9:00am – 12:00pm
  - Call for appointment: (818) 270 – 9508.
- **HEAL: Healthy Eating, Active Living**
  - NEVHC Pacoima Health Center
  - 5:30-6:30pm
  - (Spanish)
- **Diabetes Self-Management**
  - NEVHC Sun Valley Health Center
  - 9:00 – 11:00am
- **Kids Fit**
  - NEVHC San Fernando Health Center
  - 3:30 pm – 5:30pm

### Thursday
- **Diabetes Prevention**
  - NEVHC San Fernando Health Center
  - 10:00am – 11:30am
- **Grocery Store Tour @ Food 4 Less**
  - 12765 Van Nuys Blvd Pacoima, CA 91331
  - 10:00 – 11:00am
- **Prenatal (One-on-one) Classes**
  - NEVHC San Fernando Health Center
  - 1:00pm – 4:00pm
  - Call for appointment: (818) 270 – 9508.
- **Blood Pressure Class**
  - NEVHC San Fernando Health Center
  - 3:30 – 4:30pm

### Friday
- **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.
- **Nutrition for Diabetes**
  - NEVHC Santa Clarita Health Center
  - 9:30 – 11:00am
- **Grocery Store Tour @ Food 4 Less**
  - 12689 Glenoaks Blvd Sylmar, CA 91342
  - 10:00 – 11:00am
- **Prenatal Classes**
  - NEVHC San Fernando Health Center
  - 1:00 – 4:00pm
  - Call for appointment: (818) 270 – 9508
- **Pop-Up Produce Market**
  - NEVHC San Fernando Health Center
  - 11:30 – 1:30pm

### Saturday
- **Food 4 Less Grocery Store Tour @**
  - NEVHC San Fernando Health Center
  - 9:00am
- **NEVHC TTW Blood Pressure Class**
  - 1:30pm
- **At NEVHC, we make the healthy choice the easy choice for today’s families!**

### Locations:
- **NEVHC Canoga Park HC**
  - 7107 Remmet, Canoga Park
- **NEVHC Newhall HC**
  - 23413 Lyons Ave., Newhall
- **NEVHC Pacoima HC**
  - 12756 Van Nuys Blvd, Pacoima
- **NEVHC Pacoima Plaza Women's Health Center**
  - 12759 Van Nuys Blvd, Pacoima
- **NEVHC San Fernando HC**
  - 1600 San Fernando Blvd, San Fernando
- **NEVHC Santa Clarita HC**
  - 18533 Soledad Canyon Rd., Canyon Country
- **NEVHC Sun Valley HC**
  - 7223 Fair Ave., Sun Valley
- **NEVHC Teen HC**
  - San Fernando High School
  - 11051 North O’Melveny Ave., San Fernando
- **NEVHC Transition to Wellness**
  - 6551 Van Nuys Blvd Suite 201, Van Nuys
- **NEVHC Valencia HC**
  - 23763 Valencia Blvd., Valencia, CA
- **NEVHC Van Nuys Adult HC**
  - 14624 Van Nuys Blvd [6th Floor], Van Nuys
- **NEVHC Van Nuys Pediatric HC**
  - 7138 Van Nuys Blvd Van Nuys, CA

### NEVHC Information
- NEVHC is a Joint Commission accredited, licensed community health center and is certified as a Primary Care Medical home.
- Funded by USDA SNAP Ed, an equal opportunity provider and employer. This material was funded by USDA’s Supplemental Nutrition Assistance Program - SNAP.
- For CalFresh information, call 1-877-847-3663.