



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>2 Prenatal Classes NEVHC Newhall Health Center 9:00am – 4:00pm Group & one-on-one classes available. Call for appointment: (818) 270 – 9508.</p>	<p>3 Prenatal (One-on-one) Classes NEVHC San Fernando Health Center 9:00am – 12:00pm Call for appointment: (818) 270 – 9508.</p>	<p>4</p>	<p>5 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.</p>	<p>6 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. Prenatal (One-on-one) Classes NEVHC San Fernando Health Center 1:00 – 4:00pm Call for appointment: (818) 270 – 9508.</p>	<p>7 Harvesting Health Garden Workday and Pop-Up Produce Market 8:30 – 10:30am Vaughn Family & Community Center 11201 Herrick Avenue Pacoima, CA</p>
<p>9 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 Prenatal (One-on-one) Classes NEVHC San Fernando Health Center 9:00am – 12:00pm Call for appointment: (818) 270 – 9508.</p>	<p>11 HEAL: Healthy Eating, Active Living NEVHC Sun Valley Health Center 5:30 – 6:30pm (English)</p>	<p>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</p>	<p>13 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. HEAL: Healthy Eating, Active Living NEVHC Sun Valley Health Center 9:00 – 10:00am (Spanish) Nutrition for Diabetes NEVHC Santa Clarita Health Center 9:30 – 11:00am 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>16 Prenatal Classes NEVHC Newhall Health Center 9:00am – 4:00pm Group & 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</p>	<p>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</p>	<p>18 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 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)</p>	<p>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</p>	<p>20 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. Prenatal Classes NEVHC San Fernando Health Center 1:00 – 4:00pm Call for appointment: (818) 270 – 9508</p>	<p>21</p>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>23 Prenatal Classes NEVHC Newhall Health Center 9:00am – 4:00pm Group & one-on-one classes available. Call for appointment: (818) 270 – 9508.</p> <p>Diabetes Self-Management NEVHC Sun Valley Health Center 9:00 – 11:00am</p> <p>Grocery Store Tour @ Trader Joe's 26517 Bouquet Canyon Rd. Santa Clarita, CA 91350 10:00 - 11:00am</p> <p>Kids Fit NEVHC San Fernando Health Center 3:30 pm – 5:30pm</p>	<p>24 Prenatal (One-on-one) Classes NEVHC San Fernando Health Center 9:00am – 12:00pm Call for appointment: (818) 270 – 9508.</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 10:30-12:00pm</p> <p>HEAL: Healthy Eating, Active Living NEVHC Pacoima Health Center 5:30–6:30pm (Spanish)</p>	<p>25 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>26 Diabetes Prevention NEVHC San Fernando Health Center 10:00am – 11:30am</p> <p>Grocery Store Tour @ Food 4 Less 12765 Van Nuys Blvd Pacoima, CA 91331 10:00 - 11:00am</p> <p>Prenatal (One-on-one) Classes NEVHC San Fernando Health Center 1:00pm – 4:00pm Call for appointment: (818) 270 – 9508.</p> <p>Blood Pressure Class NEVHC San Fernando Health Center 3:30 - 4:30pm</p>	<p>27 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>Nutrition for Diabetes NEVHC Santa Clarita Health Center 9:30 – 11:00am</p> <p>Grocery Store Tour @ Food 4 Less 12689 Glenoaks Blvd Sylmar, CA 91342 10:00 - 11:00am</p> <p>Prenatal Classes NEVHC San Fernando Health Center 1:00 – 4:00pm Call for appointment: (818) 270 – 9508</p> <p>Pop-Up Produce Market 11:30 – 1:30pm NEVHC San Fernando Health Center</p>	<p>28</p> <p><i>Follow us on...</i></p> 
<p>30 Prenatal Classes NEVHC Newhall Health Center 9:00am – 4:00pm Group & one-on-one classes available. Call for appointment: (818) 270 – 9508.</p> <p>Diabetes Self-Management NEVHC Sun Valley Health Center 9:00 – 11:00am</p> <p>Kids Fit NEVHC San Fernando Health Center 3:30 pm – 5:30pm</p>	<p>31 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>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>

At NEVHC, we make the healthy choice the easy choice for today's families!

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.



Northeast Valley Health Corporation
a californiahalth 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.