




Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3
5	6 Diabetes Self-Management Program 10:00am Spanish	7	8	9	10
12 HEAL: Healthy Eating, Active Living Whole Grains & Fiber 10:00am English	13 Asthma 3:30pm Spanish	14 HEAL: Healthy Eating, Active Living Granos Enteros & Fibre 10:00am Spanish	<p><i>All group classes are offered virtually on Zoom due to the COVID-19 “safer at home” precautions.</i></p> <p><i>Click on the class names to register, or scan the codes below. Class invitation links will be sent via e-mail upon registering.</i></p>		
19	20	21 Blood Pressure Group 3:30pm Spanish			
26 HEAL: Healthy Eating, Active Living Whole Grains & Fiber 3:00pm English	27	28 HEAL: Healthy Eating, Active Living Granos Enteros & Fibre 3:00pm Spanish	29	30	31 Happy Halloween 

Virtual Asthma Class
Scan below to register. Class is available for NEVHC patients and covered by health plans.



SCAN ME

Virtual Blood Pressure Class
Scan below to register. Class is available for NEVHC patients and covered by health plans.



SCAN ME

Virtual Diabetes Self-Management Program
Scan below to register. Class is available for NEVHC patients and covered by health plans.



SCAN ME

Virtual Healthy Eating, Active Living
Scan below to register. Class is free and open to the community. Sponsored by CalFresh Healthy Living.



SCAN ME

For more information about classes in other languages, please call the Health Education Department at HealthEd@NEVHC.org, or call us at (818) 270 – 9508 (available in English or Spanish).

