Health Education Calendar



Health Corporation

a california healtht center

(818) 270-9508

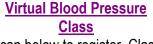
October 2020

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

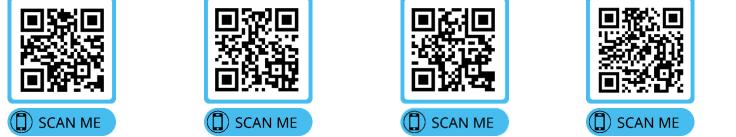




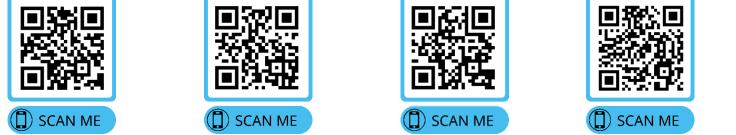
Scan below to register. Class is available for NEVHC patients and covered by health plans.



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



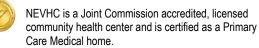
Virtual Healthy Eating, **Active Living** Scan below to register. Class is free and open to the community. Sponsored by CalFresh Healthy Living.



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).



Northeast Valley Health Corporation a california healtht center





For CalFresh information, call 1-877-847-3663. For Call Fesh Information, Call 1-877-847-3653. Funded by USDA SNAP-Ed, an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program -SNAP.