



Monday	Tuesday	Wednesday	Thursday	Friday
	1 The programs listed in green are available to all NEVHC patients and are covered by health plans. All other programs listed in blue are free and open to the community. They are sponsored by CalFresh Healthy Living and American College of Preventive Medicine.	2 National Diabetes Prevention Program 3:30 – 4:30 pm English	3 National Diabetes Prevention Program 3:00 – 4:00 pm Spanish	4 Blood Pressure Monitor Instructional Class 1:00 – 2:00 pm Spanish
7	8	9 HEAL: Healthy Eating, Active Living Mantenerse Saludable Durante las Vacaciones 10:00 – 11:00am Spanish	10 National Diabetes Prevention Program 3:00 – 4:00 pm Spanish	11
14 HEAL: Healthy Eating, Active Living Staying Healthy During the Holidays 10:00 – 11:00am English	15 Diabetes Self-Management Program 10:00 – 11:30am Spanish Asthma 3:30 – 5:00pm Spanish	16	17 National Diabetes Prevention Program 3:00 – 4:00 pm Spanish	18 Blood Pressure Monitor Instructional Class 1:00 – 2:00pm Spanish
21 <i>All group classes are offered virtually on Zoom due to the COVID-19 “safer at home” precautions.</i> <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>	22	23 HEAL: Healthy Eating, Active Living Mantenerse Saludable Durante las Vacaciones 3:00 – 4:00pm Spanish	24  All NEVHC Health Centers and offices are closed today.	25  All NEVHC Health Centers and offices are closed today. Regular NEVHC Health Center hours resume on Saturday, December 26, 2020. Corporate and business offices resume on Monday, December 29, 2020.
28 HEAL: Healthy Eating, Active Living Staying Healthy During the Holidays 3:00 – 4:00pm English	29 Diabetes Self-Management Program 10:00 – 11:30am Spanish	30	31	January 1, 2021 All NEVHC Health Centers and offices are closed today. Regular NEVHC Health Center hours resume on Saturday, January 2, 2021. Corporate and business offices resume on Monday, January 4, 2021.

Virtual Blood Pressure Monitor Instructional 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 free and open to the community. Sponsored by the American College of Preventive Medicine.



SCAN ME

Virtual National Diabetes Prevention Program

3:30 – 4:30pm
English
Scan below to register. Class is free and open to the community. Sponsored by the American College of Preventive Medicine.



SCAN ME

Virtual National Diabetes Prevention Program

3:00 – 4:00pm
Spanish
Scan below to register. Class is free and open to the community. Sponsored by the American College of Preventive Medicine.



SCAN ME

HEAL: Healthy Eating, Active Living

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



SCAN ME

Virtual Asthma Class

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



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).

