



Monday	Tuesday	Wednesday	Thursday	Friday
	<p>All group classes are offered virtually on Zoom due to the COVID-19 "Safer at Home" precautions.</p> <p>Click on the class names to register, or scan the codes below. Class invitation links will be sent via e-mail upon registering.</p>	<p>All For more information about classes in other languages, please contact the Health Education Department at 818.270.9508 HealthEd@NEVHC.org (English or Spanish.)</p>		<p>1</p> <p>The programs listed in green are available to all NEVHC patients and are covered by health plans.</p> <p>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.</p>
<p>4</p>	<p>5</p> <p>Blood Pressure Control 10:00 – 11:00am English/Spanish</p> <p>Asthma 3:00 – 5:00pm English</p>	<p>6</p>	<p>7</p> <p>Diabetes Self-Management Class 10:00 – 11:30am Spanish</p> <p>Kids Fit! 5:00 – 6:00pm Spanish</p>	<p>8</p>
<p>11</p> <p>HEAL: Healthy Eating, Active Living Healthy Fats 10:00 – 11:00am English</p>	<p>12</p>	<p>13</p> <p>HEAL: Healthy Eating, Active Living Healthy Fats 10:00 – 11:00am Spanish</p>	<p>14</p> <p>Diabetes Self-Management Class 10:00 – 11:30am Spanish</p> <p>Kids Fit! 5:00 – 6:00pm Spanish</p>	<p>15</p> <p>Drive Thru Produce Distribution Vaughn G3 Academy 11200 Herrick, Pacoima 12:00pm</p>
<p>18</p>	<p>19</p> <p>Patient Family Advisory Committee (PFAC) 10:30am – 12:00pm</p> <p>Asthma 3:00 – 5:00pm Spanish</p>	<p>20</p>	<p>21</p> <p>Diabetes Self-Management Class 10:00 – 11:30am Spanish</p> <p>Kids Fit! 5:00 – 6:00pm Spanish</p>	<p>24</p>
<p>25</p> <p>HEAL: Healthy Eating, Active Living Healthy Fats 3:00 – 4:00pm English</p>	<p>26</p>	<p>27</p> <p>HEAL: Healthy Eating, Active Living Healthy Fats 3:00 – 4:00pm Spanish</p>	<p>28</p> <p>Diabetes Self-Management Class 10:00 – 11:30am Spanish</p> <p>Kids Fit! 5:00 – 6:00pm Spanish</p>	<p>29</p>

<p>Blood Pressure Control</p> <p>Click above or scan below to register.</p> 	<p>Asthma English</p> <p>Click above or scan below to register.</p> 	<p>Diabetes Self-Management Class Spanish</p> <p>Click above or scan below to register.</p> 	<p>Kids Fit! Spanish</p> <p>Click above or scan below to register.</p> 
<p>HEAL: Healthy Eating, Active Living</p> <p>Click above or scan below to register.</p> 	<p>Asthma Spanish</p> <p>Click above or scan below to register.</p> 	<p>Patient Family Advisory Committee</p> <p>Click above or scan below to register.</p> 	



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Lunes	Martes	Miércoles	Jueves	Viernes
<p>Los programas listados en verde están disponibles para todos los pacientes de NEVHC y están cubiertos por planes de salud.</p> <p>Todos los demás programas listados en azul son gratuitos y están abiertos a la comunidad. Están patrocinados por CalFresh Healthy Living y American College of Preventive Medicine.</p>		<p>Para más información, escriba a Health Education Department: HealthEd@NEVHC.org ó llame al Departamento de Educación de Salud al (818) 270 – 9508 (disponible en Inglés y Español).</p> <p>Visítenos también en línea: www.NEVHC.org.</p>		<p>1</p>
<p>4</p>	<p>5</p> <p>Clase de Control de la Presión Arterial 10:00 – 11:00am Inglés/Español</p> <p>Asma 3:00 – 5:00pm Inglés</p>	<p>6</p>	<p>7</p> <p>Manejo Personal de la Diabetes Clase 10:00 – 11:30am Español</p> <p>Jovenes en Forma 5:00 – 6:00pm Español</p>	<p>8</p> <p>Haga clic en el nombre de la clase para registrarse, o escanee los códigos de abajo. El link de invitación se le mandara por correo electrónico al registrarse.</p>
<p>11</p> <p>HEAL: Vida Activa, Alimentación Sana Grasas Saludables 10:00 – 11:00am Inglés</p>	<p>12</p>	<p>13</p> <p>HEAL: Vida Activa, Alimentación Sana Grasas Saludables 10:00 – 11:00am Español</p>	<p>14</p> <p>Manejo Personal de la Diabetes Clase 10:00 – 11:30am Español</p> <p>Jovenes en Forma 5:00 – 6:00pm Español</p>	<p>15</p> <p>Distribución de Frutas y Verduras Servicio al Auto Vaughn G3 Academy 11200 Herrick, Pacoima 1:30pm</p>
<p>18</p>	<p>19</p> <p>Comité Asesor de Familias y Pacientes (PFAC) 10:30am – 12:00pm</p> <p>Asma 3:00 – 5:00pm Español</p>	<p>20</p>	<p>21</p> <p>Manejo Personal de la Diabetes Clase 10:00 – 11:30am Español</p> <p>Jovenes en Forma 5:00 – 6:00pm Español</p>	<p>24</p>
<p>25</p> <p>HEAL: Vida Activa, Alimentación Sana Grasas Saludables 3:00 – 4:00pm Inglés</p>	<p>26</p>	<p>27</p> <p>HEAL: Vida Activa, Alimentación Sana Grasas Saludables 3:00 – 4:00pm Español</p>	<p>28</p> <p>Manejo Personal de la Diabetes Clase 10:00 – 11:30am Español</p> <p>Jovenes en Forma 5:00 – 6:00pm Español</p>	<p>29</p>

Clase de Control de la Presión Arterial
Inglés/Español
Escanee abajo para registrarse.



Asma
Inglés
Escanee abajo para registrarse.



Manejo Personal de la Diabetes Clase
Español
Escanee abajo para registrarse.



Jovenes en Forma
Español
Escanee abajo para registrarse.



HEAL: Vida Activa, Alimentación Sana
Escanee abajo para registrarse.



Asma
Español
Escanee abajo para registrarse.



Comité Asesor de Familias y Pacientes
Escanee abajo para registrarse.

