



| Monday                                                                                                                                       | Tuesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Wednesday                                                                                                                                                                                                                                                                                                                                                                                                                                    | Thursday | Friday                                                                                                                                                                                                                                                                 |
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| Classes may be re-scheduled, cancelled or modified without prior notice. Class space is limited, and is on a first-come, first-served basis. | <div> <div> <u>Asthma Control</u><br/>English<br/>  </div> <div> <u>Asthma Control</u><br/>Spanish<br/>  </div> <div> <u>Food Smarts</u><br/>English &amp; Spanish<br/>  </div> <div> <u>Kids Fit!</u><br/>Bilingual<br/>(Thursdays)<br/>  </div> <div> <u>WIC Virtual Breastfeeding Support Group</u><br/>English &amp; Spanish<br/>  </div> </div> |                                                                                                                                                                                                                                                                                                                                                                                                                                              |          | 1                                                                                                                                                                                                                                                                      |
| 4                                                                                                                                            | <b>5</b><br><b>Blood Pressure Control</b><br>10-11am<br><u>NEVHC Newhall Health Center</u><br>23413 Lyons Ave.,<br>Santa Clarita<br>Bilingual<br>IN PERSON<br><br><b>Asthma Control</b><br>English   3-5pm<br>Zoom                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | <b>6</b><br><b>Produce Distribution</b><br>10am<br><u>NEVHC Van Nuys Pediatric Health Center</u><br>7138 Van Nuys Blvd.,<br>Van Nuys<br>IN PERSON<br><br><b>National Diabetes Prevention Program</b><br>3:30-4:30pm<br><u>NEVHC Van Nuys Adult Health Center</u><br>14624 Sherman Way<br>#600, Van Nuys<br>Spanish   IN PERSON<br><br><b>WIC Virtual Breastfeeding Support Group</b><br>(Open to everyone)<br>11am-12:30pm   English<br>ZOOM | 7        | <b>8</b><br>Programs listed in <b>green</b> are available to all NEVHC patients and are covered by health plans.<br><br>All programs listed in <b>blue</b> and <b>purple</b> are free and open to the community. They are sponsored by CalFresh Healthy Living or WIC. |





| Monday                                                                                    | Tuesday                                                                                                                                                     | Wednesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | Thursday                                                                                                                                                                                                                                | Friday                                                                                                                                                                                          |
|-------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>11</b><br><b>Food Smarts</b><br>Adult Nutrition Workshop<br>10-11am<br>English<br>ZOOM | <b>12</b><br><b>Blood Pressure Control</b><br>10-11am<br><u>NEVHC Newhall Health Center</u><br>23413 Lyons Ave.,<br>Santa Clarita<br>Bilingual<br>IN PERSON | <b>13</b><br><b>Food Smarts</b><br>Adult Nutrition Workshop<br>10-11am   Spanish   ZOOM<br><br><b>National Diabetes Prevention Program</b><br>3:30-4:30pm<br><u>NEVHC Van Nuys Adult Health Center</u><br>14624 Sherman Way #600, Van Nuys<br>Spanish   IN PERSON<br><br><b>WIC Virtual Breastfeeding Support Group</b><br>11am-12:30pm   Spanish   ZOOM                                                                                                                                                                                                                         | <b>14</b>                                                                                                                                                                                                                               | <b>15</b>                                                                                                                                                                                       |
| <b>18</b>                                                                                 | <b>19</b><br><b>Asthma Control</b><br>Spanish   3-5pm<br>Zoom                                                                                               | <b>20</b><br><b>Produce Distribution</b>   10am <br><u>NEVHC Community Resource Center</u><br>1036 N. Maclay Ave.,<br><br><b>National Diabetes Prevention Program</b><br>3:30-4:30pm<br><u>NEVHC Van Nuys Adult Health Center</u><br>14624 Sherman Way #600, Van Nuys<br>Spanish   IN PERSON<br><br><b>WIC Virtual Breastfeeding Support Group</b> (Open to everyone)<br>11am-12:30pm   English   ZOOM                                                                                         | <b>21</b><br><b>Kids Fit!</b><br>5-6pm<br>Bilingual   ZOOM                                                                                                                                                                              | <b>22</b><br>For healthy, economical and easy recipes, follow the <a href="#">link</a> or QR code:<br><br> |
| <b>25</b>                                                                                 | <b>26</b><br><b>Patient &amp; Family Advisory Committee</b><br>10:30-11:30am<br>Bilingual   ZOOM                                                            | <b>27</b> <br><b>Produce Distribution   10am</b><br><u>Vaughn Family &amp; Community Center</u><br>11201 Herrick Ave., Pacoima<br><br><b>WIC Virtual Breastfeeding Support Group</b> (Open to everyone)<br>11am-12:30pm   Spanish   ZOOM<br><br><b>Food Smarts</b><br>Adult Nutrition Workshop<br>3-4pm   Spanish   ZOOM<br><br><b>National Diabetes Prevention Program</b><br>3:30-4:30pm<br>NEVHC Van Nuys Adult Health Center<br>14624 Sherman Way #600, Van Nuys<br>Spanish   IN PERSON | <b>28</b><br><b>Kids Fit!</b><br>5-6pm<br>Bilingual   ZOOM<br><br>Class invitation links will be sent via e-mail upon registering, or you can call 818.270.9508 or email us: <a href="mailto:HealthEd@NEVHC.org">HealthEd@NEVHC.org</a> | <b>29</b><br><a href="#">For class flyers, click here.</a><br><br>                                         |





# CALENDARIO

## de Educación de Salud

Agosto 2025



| Lunes                                                                                                                                        | Martes                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | Miércoles                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Jueves | Viernes                                                                                                                                                                                                                                                                                                                     |
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| Las clases pueden ser reprogramadas, canceladas o modificadas sin previo aviso. Las plazas son limitadas y se reservan por orden de llegada. | <div> <div> <b><u>Control de Asma</u></b><br/>Inglés<br/> </div> <div> <b><u>Control de Asma</u></b><br/>Español<br/> </div> <div> <b><u>Food Smarts</u></b><br/>Inglés &amp; Español<br/> </div> <div> <b><u>Kids Fit!</u></b><br/>Bilingüe<br/> </div> <div> <b><u>Grupo Virtual de Apoyo a la Lactancia Materna de WIC</u></b><br/>Inglés &amp; Español<br/> </div> </div> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |        | 1                                                                                                                                                                                                                                                                                                                           |
| 4                                                                                                                                            | <b>5</b><br><b>Controle su Presion</b><br>10-11am<br><u>NEVHC Newhall Health Center</u><br>23413 Lyons Ave.,<br>Santa Clarita<br>Bilingüe<br>EN PERSONA<br><br><b>Control de Asma</b><br>Inglés   3-5pm<br>Zoom                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | <b>6</b><br><br><b>Distribución de Frutas y Verduras</b><br>10am<br><u>NEVHC Van Nuys Pediatric Health Center</u><br>7138 Van Nuys Blvd.,<br>Van Nuys<br>EN PERSONA<br><br><b><u>Programa Nacional de Prevención de la Diabetes</u></b><br>3:30-4:30pm<br><u>NEVHC Van Nuys Adult Health Center</u><br>14624 Sherman Way #600,<br>Van Nuys<br>Español   EN PERSONA<br><br><b>Grupo Virtual de Apoyo a la Lactancia Materna de WIC (Abierto para todos)</b><br>11am-12:30pm   Inglés<br>ZOOM | 7      | <b>8</b><br>Los programas que aparecen en <b>verde</b> están disponibles para todos los pacientes de NEVHC y están cubiertos por los planes de salud. Todos los programas que aparecen en <b>azul</b> y <b>púrpura</b> son gratuitos y están abiertos a la comunidad. Están patrocinados por CalFresh Healthy Living o WIC. |





| Lunes                                                                                           | Martes                                                                                                                                                   | Miércoles                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | Jueves                                                                                                                                                                                                                                                     | Viernes                                                                                                                                                                                        |
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| <b>11</b><br><b>Food Smarts</b><br>Taller de nutrición para adultos<br>10-11am<br>Inglés   ZOOM | <b>12</b><br><b>Controle su Presion</b><br>10-11am<br><u>NEVHC Newhall Health Center</u><br>23413 Lyons Ave.,<br>Santa Clarita<br>Bilingüe<br>EN PERSONA | <b>13</b><br><b>Food Smarts</b><br>Taller de nutrición para adultos<br>10-11am   Español   ZOOM<br><br><b>Programa Nacional de Prevención de la Diabetes</b> 3:30-4:30pm<br><u>NEVHC Van Nuys Adult Health Center</u><br>14624 Sherman Way #600, Van Nuys<br>Español   EN PERSONA<br><br><b>Grupo Virtual de Apoyo a la Lactancia Materna de WIC</b> (abierto para todos)<br>11am-12:30pm   Español   ZOOM                                                                                                                             | <b>14</b>                                                                                                                                                                                                                                                  | <b>15</b>                                                                                                                                                                                      |
| <b>18</b>                                                                                       | <b>19</b><br><b>Control de Asma</b><br>3-5pm<br>Español   Zoom                                                                                           | <b>20</b><br><b>Distribución de Frutas y Verduras</b>   10am<br><u>NEVHC Community Resource Center</u><br>1036 N. Maclay Ave.,<br><br><b>Programa Nacional de Prevención de la Diabetes</b> 3:30-4:30pm<br><u>NEVHC Van Nuys Adult Health Center</u><br>14624 Sherman Way #600, Van Nuys<br>Español   EN PERSONA<br><br><b>Grupo Virtual de Apoyo a la Lactancia Materna de WIC</b> (Abierto para todos)<br>11am-12:30pm   Inglés   ZOOM                                                                                               | <b>21</b><br><b>Kids Fit!</b><br>5-6pm<br>Bilingüe<br>ZOOM                                                                                                                                                                                                 | <b>22</b><br><a href="#">Para recetas sanas, económicas y fáciles, siga el enlace o el código QR:</a><br> |
| <b>25</b>                                                                                       | <b>26</b><br><b>Comité Asesor de Pacientes y Familiares</b><br>10:30-11:30am<br>Bilingüe   ZOOM                                                          | <b>27</b><br><b>Distribución de Frutas y Verduras</b>   10am<br><u>Vaughn Family &amp; Community Center</u><br>11201 Herrick Ave., Pacoima<br><br><b>Grupo Virtual de Apoyo a la Lactancia Materna de WIC</b> (Abierto para todos)<br>11am-12:30pm   Español   ZOOM<br><br><b>Food Smarts</b><br>Taller de nutrición para adultos<br>3-4pm   Español   ZOOM<br><br><b>Programa Nacional de Prevención de la Diabetes</b> 3:30-4:30pm<br>NEVHC Van Nuys Adult Health Center<br>14624 Sherman Way #600, Van Nuys<br>Español   EN PERSONA | <b>28</b><br><b>Kids Fit!</b><br>5-6pm<br>Bilingüe<br>ZOOM<br><br>Los enlaces de invitación a la clase se enviarán por correo electrónico tras la inscripción, o bien puede llamar al 818.270.9508 o enviarnos un correo electrónico a: HealthEd@NEVHC.org | <b>29</b><br><a href="#">Haga clic aquí para acceder a los folletos de las clases:</a><br>                |

