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Hospital-Based Health Education Programs

San Fernando Valley

(October, November, December 2019)

Hospital	Topic/Address	Date/Time	Language	Cost	Phone Number
California Smokers' Helpline					
	Smoking Cessation Counseling	Mon-Fri 9am-9pm & Sat 9am-1pm	E	FREE	1-800-NO-BUTTS
	Smoking Cessation Counseling	Mon-Fri 9am-9pm & Sat 9am-1pm	Sp	FREE	1-800-456-6386
	Smoking Cessation Counseling	Mon-Fri 9am-9pm & Sat 9am-1pm	Cant.	FREE	1-800-838-8917
	Smoking Cessation Counseling	Mon-Fri 9am-9pm & Sat 9am-1pm	Viet.	FREE	1-800-778-8440
	Smoking Cessation Counseling	Mon-Fri 9am-9pm & Sat 9am-1pm	Ko.	FREE	1-800-556-5564
	Smoking Cessation Counseling	Mon-Fri 9am-9pm & Sat 9am-1pm	TDD/TTY	FREE	1-800-933-4833
Caregivers At Home	Telephone Series				
	Telephone Support Group for Caregivers	3rd Wed 10am-11:30am & 6:30pm-8pm	E	FREE; Must RSVP	1-800-540-4442
Valley Presbyterian Hospital	15107 Vanowen St., Van Nuys, CA 91405	http://www.valleypres.org			
	Baby shower and hospital tour	10/11, 11/8, 12/13 11:00 a.m. - 2:00 p.m.	E	FREE; Call to register	818-902-5222
	Breastfeeding Preperation Class	10/24, 11/28, 12/26 9:30 am-12:30 pm	SP	FREE: Call to register	818-905-5222
	Childbirth Preparation Series (weeknights)	10/8,10/15,10/22 7:00-9:30 pm	SP	FREE: Call to register	818-902-5222

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	Childbirth Preperation Series (weeknights)	10/9, 10/16, 10/23, 10/30, 11/6, 11/13, 11/20, 11/27 7:00 p.m.-9:30 p.m.	E	FREE: Must register	818-902-5222
	Prenatal	12/14 7:00 p.m.-9:00 p.m.	SP	FREE: Must register	818-902-5222
Northridge Medical Hospital	18300 Roscoe Blvd., Northridge, CA 91328	http://www.northridgehospital.org			
	Grupo de apoyo para amamantar	Tuesday's 11:00 a.m-12:30 p.m.	SP	FREE	844-450-1522 ext 2289
	Brain Injury Support Group for Survivors & Caregivers	Tuesday's 2:30 p.m-3:30 p.m.	E	FREE; Must RSVP	844-450-1522 ext 3637
Support Groups	Breast Cancer Support Group	Second and fourth Tuesday of each month 7:00-8:30 pm	E	FREE	855-502-4538 ext 5668
	Mental Health For Family & Friends	1st Monday of each month 7:00 p.m.- 8:30 p.m. or 1st & 3rd Thursday of each month 7:00 p.m. - 8:45 p.m.	E	FREE	818-994-6747
	Stroke Support Group for survivors & caregivers	Wednesday's 3:00 p.m.-4:00 p.m.	E	FREE	844-450-1522 ext 4865
Providence Tarzana Medical Center	18321 Clark Street., Tarzana, CA 91356	http://www.encino-tarzana.com			
	Diabetes Support Group	The last Thursday of every month (except December) 7:00 p.m. - 9:00 p.m.	E	Charge; Must RSVP	818-881-7259

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	Maternity Tour	Call for schedule different dates and times for the month of October, November, and December	E	FREE	1-888-432-5464
Providence Holy Cross Medical Center	15031 Rinaldi St., Mission Hills 91345	http://www.providence.org			
	Recorrido de la unidad de maternidad	10/7 10:00 a.m.-11:30 a.m. 10/21 10:00 a.m.- 11:30 a.m.	SP	FREE	888-432-5464
	Nutrition Classes for pancreatic patients	10/16 2:30 p.m.- 4:00 p.m.	E	FREE	888-432-5464
Wilkinson Senior Center	8956 Vanalden Ave., Annex Bldg. #7, Northridge, CA 91324				
	Knitting and Crocheting Room 7	Monday's 9:00 a.m.- 11:30 a.m (knit on your own)	E	FREE	818-756-7741
	Line Dancing* MP1&2	Monday's 9:00 a.m. -10:00 a.m.	E	FREE	818-756-7741
	Senior Support Group Annex building room 7	Monday's 10:00 a.m.- 11:00 a.m.	E	FREE	818-756-7741
	Tai Chi MP 1&2	Monday's 10:30 a.m. - 11:30 a.m.	E	FREE	818-756-7741
	Lunch MP3	Monday's 11:30 a.m.	E	FREE	818-756-7741
	Arthiritis Exercise MP1&2	Monday's 1:30 p.m.- 2:30 p.m. Tuesday's 2:30 p.m.- 3:30 p.m.	E	FREE	818-756-7741
	Body Dynamics MP 1&2	Monday's 2:30 p.m.- 4:00 p.m. Wednesday's 1:00 p.m.-3:00 p.m.	E	FREE	818-756-7741
	Yoga MP1&2	Friday's 9:00 a.m.-10:30 a.m.	E	FREE	818-756-7741

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	Zumba Gold MP1&2	Friday's 10:30 a.m.-11:30 a.m.	E	FREE	818-756-7741
Las Palmas Senior Park	505 S. Huntington St., San Fernando, CA 91340				
	Blood Pressure Screening	11/4 9:30 a.m. - 11:00 a.m. 12/2 9:30 a.m. - 11:00 a.m.	E	FREE	818-898-1290
L.A. Care Health Plan Family Resource Center	10807 San Fernando Rd., Pacoima, CA 91331				
	Yoga	Monday's 10:00 a.m.-11:00 a.m. Friday's 2:00 p.m. - 3:00 p.m.	E/SP	FREE	213-438-5497
	Zumba Toning	Monday's 4:00 p.m.- 5:00 p.m.	E/SP	FREE	213-438-5497
	Zumba	Tuesday's & Thursday's 5:30 p.m.- 6:30 p.m.	E/SP	FREE	213-438-5497
	Healthy Living Boot Camp	Monday's 5:30 p.m.- 6:30 p.m. Satuday's 8:30 a.m. - 9:30 a.m.	E	FREE	213-438-5497
	Dance Aerobics	Tuesdays & Thursdays, 11:00 a.m.-12:00 p.m. & 12:00 p.m.-1:00 p.m. Friday's. 11:30am-12:30 p.m. & 12:30 p.m. - 1:30 p.m.	E/SP	FREE	213-438-5497
	Stretching and Strengthening for Seniors	Tuesday's 1:00 p.m. - 2:00 p.m.	E/SP	FREE	213-438-5497
	Tai Chi	Wednesday's 3:00 p.m.- 4:00 p.m.	E/SP	FREE	213-438-5497
	Breakthrough Parenting Series	Monday's 2:00 p.m.- 4:00 p.m.	E	FREE	213-438-5497
	Breakthrough Parenting Series	Thursday's 2:00 p.m.-4:00 p.m.	SP	FREE	213-438-5497

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	Zumba for persons with special needs	Wednesday's 11:30 a.m.-12:30 p.m.	E/SP	FREE	213-438-5497
	Healthy Cooking	Tuesday's 3:00 p.m.-5:00 p.m.	SP	FREE	213-438-5497
	Juicing for a Healthy Life	Thursday's 3:30 p.m.- 5:00 p.m.	SP	FREE	213-438-5497
	Kids' Healthy Cooking (5-14 years old)	Saturday's 10:00 a.m.-11:30 a.m.	E/SP	FREE	213-438-5497
	Meditation	10/19 11:00 a.m. - 12:00 p.m.	E/SP	FREE	213-438-5497
	Registered Dietitian Consultations	Wednesday's 10:00 a.m.-7:00 p.m.	E/SP	FREE: Must register	213-438-5497
	Support groups for children with special needs	10/11, 10/25 9:30 a.m. - 11:00 a.m.	SP	FREE	213-438-5497
San Fernando Community Health Center	732 Mott St., San Fernando, CA 91340				
	Self Management for Latinos with Type II Diabetes	12/5 4:00 p.m. - 6:00 p.m.	E/SP	FREE; Must RSVP	818-677-2774

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