

 		Jan, Feb. & March 2019			
Hospital	Topic/Title	Date/Time	L	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 91405		http://www.valleypres.org		
	Call for information of Classes	call for schedule	E	FREE	818-902-2982
Northridge Medical Hospital	18300 Roscoe Blvd., Northridge 91328		http://www.northridgehospital.org		
	Breastfeeding Class	call for schedule	E	FREE; Must RSVP	818-885-8500
	Childbirth Education	call for schedule	E	Charge; Must RSVP	818-885-5434
Support Groups	Brain Injury for survivors & caregivers	Tuesdays 2:00pm-3:30pm	E	FREE	818-885-8500 x3797
	Brain Tumor	2nd Wed 12:30-2:00pm	E	FREE	818-885-8500 x5668
	Breast Cancer	2nd and 4th Tues 7:00pm-8:30pm	E	FREE	818-885-8500 x5668
	Breastfeeding	Thursdays 10:00am-11:30am	E	FREE; Must RSVP	818-885-8500 x2289
		Tuesdays 10:00am-11:30am	SP	FREE; Must RSVP	818-885-8500 x2289
	Grief	Call for schedule	E	FREE; Must RSVP	818-885-8500 x4560
	Depression and Bipolar	Wednesdays & Fridays 6:45pm-9:00pm	E	FREE	818-850-3272
	Liver Disease	One Wednesday per month 6:30pm-8:00pm (call for date)	E	FREE	310-670-4624
	Mental Health For Family & Friends	1st Monday of each month 7:00pm-8:30pm or 1st & 3rd Thursday of each month 7:00pm-8:45pm	E	FREE	818-994-6747
	Stroke Survivors & Caregivers	Wednesdays 3:00pm-4:00pm	E	FREE	818-885-8500 x4865
Providence Tarzana Medical Center	18321 Clark Street., Tarzana 91356		http://www.encino-tarzana.com		

Hospital-based Health Education Programs

Hospital	Topic/Title	Date/Time	L	Cost	Phone Number
	Baby Care	call for schedule	E	Charge	888-432-5464
	Breastfeeding	call for schedule	E	Charge; Must RSVP	888-432-5464
Providence Holy Cross Medical Center	15031 Rinaldi St., Mission Hills 91345		http://www.providence.org		
	Infant Safety & CPR	call for schedule	E	Charge	888-432-5464
Providence Holy Cross Women's Wellness Center	19950 Rinaldi St., Suite 110A., Porter Ranch 91326		http://www.providence.org		
	Breastfeeding	call for schedule	E	Charge	888-432-5464
Aegis of Granada Hills	10801 Lindley Ave., Granada Hills 91341				
Support Groups	Caregiver	2nd Tue 6:00pm-8:30pm	E	FREE; Must RSVP	818-847-9141
Lake View Terrace Library	12002 Osborne St., Sylmar 91342				
Support Groups	Caregiver	4th Thurs 6:00pm-7:30pm	E	FREE; Must RSVP	800-540-4442
Wilkinson Senior Center	8956 Vanalden Ave., Annex Bldg. #7, Northridge 91324				
Support Groups	Caregiver	1st Thurs 10:00am-11:30am	E	FREE; Must RSVP	800-540-4442
Joslyn Adult Center	1301 W. Olive Ave., Burbank 91506				
Support Groups	Caregiver	1st Wed 11:00am-12:30pm	E	FREE; Must RSVP	800-540-4442
Brandman Centers for Senior Care	7150 Tampa Ave., Reseda 91335				
Support Groups	Caregiver	3rd Thurs 10:00am-11:30am	E	FREE; Must RSVP	800-847-9141
		3rd Thurs 3:00pm-4:30pm	SP	FREE; Must RSVP	800-540-4442
Las Palmas Senior Park	505 S. Huntington St., San Fernando 91340				
Support Groups	Caregiver	2nd Thurs 10:00am-11:30am	SP	FREE; Must RSVP	800-540-4442
L.A. Care Health Plan Family Resource Center	10807 San Fernando Rd., Pacoima 91331				
	Yoga	Mondays 10:00am-11:00am, Fridays 2:00pm-3:00pm, Sat., 12:00-1:00pm	E/SP	FREE	213-438-5497
	Zumba Toning	Mondays 4:00pm-5:00pm	E/SP	FREE	213-438-5497
	Zumba	Tues. & Thurs 5:30pm-6:30pm	E/SP	FREE	213-438-5497
	Healthy Living Boot Camp	Mondays 5:30pm-6:30pm, Saturdays 8:30am-9:30am	E	FREE	213-438-5497
	Dance Aerobics	Tuesdays, Thursdays, 11:00am-12:00pm & 12:00pm-1:00pm, Fri. 11:30am-12:30pm & 12:30pm-1:30pm	E/SP	FREE	213-438-5497
	Dance Aerobics (6 - 14yrs.)	Wednesdays, 4:00pm-5:00pm & 5:00pm-6:00pm	E/SP	FREE	213-438-5497
	Stretching and Strengthening for Seniors	Tuesdays 1:00pm-2:00pm	E/SP	FREE	213-438-5497

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	Tai Chi	Wednesdays, 3:00pm-4:00pm	E/SP	FREE	213-438-5497
	Breakthrough Parenting Series	Mon. 1/7 (1 of 11) 1/14 (10 of 11), 1/28 (11 of 11)	E	FREE	213-438-5497
	Breakthrough Parenting Series	Thur, 1/3 (8 of 11), 1/10 (9 of 11) , 1/17 (10 of 11), 1/24 (11 of 11) 2:00 p.m-	SP	FREE	213-438-5497
	Causes & Risks Factors of Addiction	Tuesday 1/8, 10:00am-11:00am	E/SP	FREE	213-438-5497
	Healthy Cooking	Tuesdays 3:00pm-5:00pm	SP	FREE	213-438-5497
	How to Become a Mental Health Advocate	Tuesday 1/22, 10:00am-11:00am	E/SP	FREE	213-438-5497
	Health Screenings	Wed. 1/10 3:00 p.m. - 5:00 p.m.	E/SP	FREE	213-438-5497
	The Health Effects of Overweight & Obesity 2 part series	Wed., 1/2 (1 of 2) & 1/9 (2 of 2) 4:00pm-5:00pm	E	FREE	213-438-5497
	The Health Effects of Overweight & Obesity 2 part series	Wed., 1/2 (1 of 2) & 1/9 (2 of 2) 4:00pm-5:00pm	SP	FREE	213-438-5497
	Eating Right for a Healthy Weight 2 part series	Wed., 1/16 (1 of 2) & 1/23 (2 of 2) 4:00pm-5:00pm	E/SP	FREE	213-438-5497
	Healthy Eating & Active Living (series of 6)	Wed. 1/9 (1 of 6), 1/16 (2 of 6), 1/23 (3 of 6), 1/31 (4 of 6) 11:00am-	E/SP	FREE	213-438-5497
	We Read Together	Wed, 1/16 10:00 a.m. -11:00 a.m.	E/SP	FREE	213-438-5497
	Losing Weight in a Healthy Way & Keep it off	Wed, 1/30, 4:00pm-5:00pm	E/SP	FREE	213-438-5497
	Juicing for a Healthy Life	Thursdays 3:30pm-5:00pm	E/SP	FREE	213-438-5497
	Garden Club - NEVHC	Thur, 1/3, 9:00am-10:30am	E/SP	FREE	213-438-5497
	Alzheimer's Keeping Your Brain Happy	Thursday, 1/10, 9:30am-10:30am	SP	FREE	213-438-5497
	Jumpstart Healthy Recipes and Tips for a Healthy New Year EPDB	Thursday 1/10, 2:00pm-3:00pm	E/SP	FREE	213-438-5497
	Oral Health Workshop	Thursday 1/17, 9:00am-10:30am	E/SP	FREE	213-438-5497
	CPR / First Aid (Registration Required)	Friday 1/4, 8:00am-11:00am	E	FREE	213-438-5497
	CPR / First Aid (Registration Required)	Friday 1/18/8, 8:00am-11:00am	SP	FREE	213-438-5497
	Support Group for Parents of Children With Special Needs	Fri. 1/11, 9:30am-11:00am	SP	FREE	213-438-5497
	Kids' Healthy Cooking	Sat. 1/5, 1/12 & 1/26 10:00am- 11:30am	E/SP	FREE	213-438-5497

Hospital-based Health Education Programs

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	Self Esteem (2 part series)	Sat. 1/12 (1 of 2) & 1/26 (2 of 2) 10:00am-11:30am	E/SP	FREE	213-438-5497
	Meditation	Sat. 1/12 & 1/26. 11:00am-12:00pm	E/SP	FREE	213-438-5497
	Registered Dietitian Consultations	Wednesday's 10:00am-7:00pm	E/SP	FREE	213-438-5497
San Fernando Community Health Center	732 Mott St., San Fernando 91340				
	Diabetes Teaching Kitchen	call for information	E/SP	FREE; Must RSVP	818-361-0428