

November 2019

Center for Healthier Communities (CHC)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Activate Your Heart San Fernando Gardens 9 a.m. – 10:30 a.m. (Spanish)	5 Activate Your Heart Northridge Hospital Room: Classroom 6 5 p.m. - 6:30 p.m. (English/Spanish)	6	7	8	9
10	11 Activate Your Heart San Fernando Gardens 9 a.m. – 10:30 a.m. (Spanish)	12 Activate Your Heart Northridge Hospital Room: Classroom 6 5 p.m. - 6:30 p.m. (English/Spanish)	13	14	15	16
17	18 Activate Your Heart San Fernando Gardens 9 a.m. – 10:30 a.m. (Spanish)	19 Activate Your Heart Northridge Hospital Room: Classroom 6 5 p.m. - 6:30 p.m. (English/Spanish)	20	21	22	23
24	25	26	27	28	29	30

Activate Your Heart
Location: San Fernando Gardens Community Center
10896 Lehigh Ave.
Pacoima, CA 91331
(818)718-5977

Activate Your Heart
Location: Northridge Hospital
Room: Classroom 6
18300 Roscoe Blvd,
Northridge, CA 91335
(818)718-5977

Noviembre 2019

Centro de comunidades más Saludables (CHC)

Domingo	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado
		Active Su Corazón Northridge Hospital Salón 6 5 p.m. - 6:30 p.m. (Inglés y Español)			1	2
3	Active Su Corazón San Fernando Gardens 9 a.m. – 10:30 a.m. (Español)	Active Su Corazón Northridge Hospital Salón 6 5 p.m. - 6:30 p.m. (Inglés y Español)	6	7	8	9
10	Active Su Corazón San Fernando Gardens 9 a.m. – 10:30 a.m. (Español)	Active Su Corazón Northridge Hospital Salón 6 5 p.m. - 6:30 p.m. (Inglés y Español)	13	14	15	16
17	Active Su Corazón San Fernando Gardens 9 a.m. – 10:30 a.m. (Español)	Active Su Corazón Northridge Hospital Salón 6 5 p.m. - 6:30 p.m. (Inglés y Español)	20	21	22	23
24			27	28	29	30

Active Su Corazón

Locación: San Fernando Gardens Community Center

10896 Lehigh Ave.

Pacoima, CA 91331

(818)718-5977

Active Su Corazón

Locación: Northridge Hospital

Salón: Salón 6

18300 Roscoe Blvd,

Northridge, CA 91335

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