

For more information or to enroll in Healthy Lifestyles, please contact Evelyn Rogel at 818.718.5977 or email at NHMC-PreventionForward@dignityhealth.org

October 2019

Center for Healthier Communities (CHC)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Activate Your Heart Northridge Hospital Room: Classroom 6 5 p.m. - 6:30 p.m. (English/Spanish)	2	3 Activate Your Heart Our Lady of the Holy Rosary Parish 6 p.m. - 7 p.m. (Spanish)	4	5 Activate Your Heart Northridge Hospital Room: CHC Conference 10 a.m. - 11:30 a.m. (English/Spanish)
6	7 Activate Your Heart San Fernando Gardens 9 a.m. – 10:30 a.m. (Spanish)	8 Activate Your Heart Northridge Hospital Room: Classroom 6 5 p.m. - 6:30 p.m. (English/Spanish)	9	10 Activate Your Heart Our Lady of the Holy Rosary Parish 6 p.m. – 7 p.m. (Spanish)	11	12
13	14 Activate Your Heart San Fernando Gardens 9 a.m. – 10:30 a.m. (Spanish)	15	16	17 Activate Your Heart Our Lady of the Holy Rosary Parish 6 p.m. -7 p.m. (Spanish)	18	19 Activate Your Heart Northridge Hospital Room: CHC Conference 10 a.m. - 11:30 a.m. (English/Spanish)
20	21 Activate Your Heart San Fernando Gardens 9 a.m. – 10:30 a.m. (Spanish)	22 Activate Your Heart Northridge Hospital Room: Classroom 6 5 p.m. - 6:30 p.m. (English/Spanish)	23	24 Activate Your Heart Our Lady of the Holy Rosary Parish 6 p.m. - 7p.m. (Spanish)	25	26
27	28 Activate Your Heart San Fernando Gardens 9 a.m. – 10:30 a.m. (Spanish)	29 Activate Your Heart Northridge Hospital Room: Classroom 6 5 p.m. - 6:30 p.m. (English/Spanish)	30	31		

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	Activate Your Heart Location: Our Lady of the Holy Rosary Parish 7800 Vineland Ave. Sun Valley, CA 91352 (818)718-5977	Activate Your Heart Location: Dignity Health Room: Center For Healthier Communities (CHC) Conference 8210 Etiwanda Ave. Reseda, CA 91335 (818)718-5977
--	---	---	--

Para obtener más información o para inscribirse en el programa comuníquese con Evelyn Rogel al 818.718.5977, o por correo electrónico a NHMC-PreventionForward@dignityhealth.org

Octubre 2019

Centro de comunidades más Saludables (CHC)

Domingo	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado
		1 <u>Active Su Corazón</u> Northridge Hospital Salón 6 5 p.m. - 6:30 p.m. (Inglés y Español)	2	3 <u>Active Su Corazón</u> Our Lady of the Holy Rosary Parish 6 p.m. - 7 p.m. (Español)	4	5 <u>Active Su Corazón</u> Northridge Hospital Salón de conferencias CHC 10 a.m. - 11:30 a.m. (Inglés y Español)
6	7 <u>Active Su Corazón</u> San Fernando Gardens 9 a.m. – 10:30 a.m. (Español)	8 <u>Active Su Corazón</u> Northridge Hospital Salón 6 5 p.m. - 6:30 p.m. (Inglés y Español)	9	10 <u>Active Su Corazón</u> Our Lady of the Holy Rosary Parish 6 p.m. – 7 p.m. (Español)	11	12
13	14 <u>Active Su Corazón</u> San Fernando Gardens 9 a.m. – 10:30 a.m. (Español)	15	16	17 <u>Active Su Corazón</u> Our Lady of the Holy Rosary Parish 6 p.m. -7 p.m. (Español)	18	19 <u>Active Su Corazón</u> Northridge Hospital Salón de conferencias CHC 10 a.m. - 11:30 a.m. (Inglés y Español)
20	21 <u>Active Su Corazón</u> San Fernando Gardens 9 a.m. – 10:30 a.m. (Español)	22 <u>Active Su Corazón</u> Northridge Hospital Salón 6 5 p.m. - 6:30 p.m. (Inglés y Español)	23	24 <u>Active Su Corazón</u> Our Lady of the Holy Rosary Parish 6 p.m. - 7p.m. (Español)	25	26
27	28 <u>Active Su Corazón</u> San Fernando Gardens 9 a.m. – 10:30 a.m. (Español)	29 <u>Active Su Corazón</u> Northridge Hospital Salón 6 5 p.m. - 6:30 p.m. (Inglés y Español)	30	31		

<u>Active Su Corazón</u> Locación: San Fernando Gardens Community Center 10896 Lehigh Ave. Pacoima, CA 91331 (818)718-5977	<u>Active Su Corazón</u> Locación: Northridge Hospital Salón: Salón 6 18300 Roscoe Blvd, Northridge, CA 91335 (818)718-5977	<u>Active Su Corazón</u> Locación: Our Lady of the Holy Rosary Parish 7800 Vineland Ave. Sun Valley, CA 91352 (818)718-5977	<u>Active Su Corazón</u> Locación: Northridge Hospital Salón: Centro de comunidades más saludables (CHC) salón de Conferencias 8210 Etiwanda Ave. Reseda, CA 91335 (818)718-5977
--	--	---	---