

Hospital-based Health Education Programs

 					
Oct, Nov, Dec 2018					
Hospital	Topic/Title	Date/Time	L	Cost	Phone Number
California Smokers' Helpline					
	Smoking Cessation Counseling	Mon-Fri 9:00am-9:00pm & Sat 9:00am-1:00pm	E	FREE	1-800-NO-BUTTS
	Smoking Cessation Counseling	Mon-Fri 9:00am-9:00pm & Sat 9:00am-1:00pm	Sp	FREE	1-800-456-6386
	Smoking Cessation Counseling	Mon-Fri 9:00am-9:00pm & Sat 9:00am-1:00pm	CANT	FREE	1-800-838-8917
	Smoking Cessation Counseling	Mon-Fri 9:00am-9:00pm & Sat 9:00am-1:00pm	VIE	FREE	1-800-778-8440
	Smoking Cessation Counseling	Mon-Fri 9:00am-9:00pm & Sat 9:00am-1:00pm	KO	FREE	1-800-556-5564
	Smoking Cessation Counseling	Mon-Fri 9:00am-9:00pm & Sat 9:00am-1:00pm	TDD/TT	FREE	1-800-933-4833
Caregivers At Home	Telephone Series				
	Telephone Support Group for Caregivers	3rd Wed 10:00am-11:30am & 6:30pm-8:00pm	E	FREE; Must RSVP	1-800-540-4442
Valley Presbyterian Hospital	15107 Vanowen St., Van Nuys 91405		http://www.valleypres.org		
	Baby Beginnings Infant Care	Tues 11/27 6:00pm-9:00pm	E	FREE; Must RSVP	818-902-5222
	Breastfeeding Preparation	Mon 10/8, 11/12, 12/10 6:00pm-9:00pm	E	FREE; Must RSVP	818-902-5222
		Mon 10/22, 11/26 6:00pm-9:00pm	SP	FREE; Must RSVP	818-902-5222
Northridge Medical Hospital	18300 Roscoe Blvd., Northridge 91328		http://www.northridgehospital.org		
Support Groups	Brain Injury for survivors & caregivers	Once a week on Tuesdays 2:00pm-3:30pm	E	FREE	818-885-8500 ext 3797
	Breast Cancer	2nd & 4th Tuesday 7:00pm-8:30pm	E	FREE	818-885-8500 ext 5668
	Breastfeeding	Thursdays 10:00am-11:30am	E	FREE; Must RSVP	818-885-8500 ext 2289
		Tuesdays 10:00am-11:30am	SP	FREE	818-885-8500 ext 2289
	Depression and Bipolar	Wednesdays 6:45pm-9:00pm and Fridays 6:45pm-9:00pm	E	FREE	818-850-3272
	Liver Disease	One Wed per month 6:30pm-8:00pm	E	FREE	310-670-4624
	Mental Health for Family	3rd Tue of each month 7:00pm-8:30pm	E	FREE	818-994-6747
	Mental Health for Family & Friends	1st Mon of each month 7:00pm-8:30pm and 1st & 3rd Thurs of each month 7:00pm-8:45pm	E	FREE	818-994-6747
	Parkinson's	3rd Mon of each month 3:30-5:30pm	E	FREE	818-776-1183
	Spinal Cord Injury	Thursdays 3:00pm-4:15pm	E	FREE	818-885-8500 ext 3656

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	Stroke Survivors & Caregivers	Wednesdays 3:00pm-4:00pm	E	FREE	818-885-8500 ext 4865
	Trigeminal Neuralgia	1st Sat of Every other month 12:30pm-2:00pm	E	FREE	818-885-8500 ext 5668
Providence Tarzana Medical Center	18321 Clark Street., Tarzana 91356		http://www.encino-tarzana.com		
	call for list of classes	call for schedule	E	Charge; must RSVP	888-432-5464
Providence St. Joseph Medical Center	501 S. Buena Vista St., Burbank 91505		http://www.providence.org/losangeles		
	Infant Safety & CPR	10/1, 10/4, 10/15, 11/1, 11/5, 11/19, 12/3, 12/6, 12/17 7:00pm-9:00pm	E	Charge; must RSVP	888-432-5464
	Joint Replacement Education Class	Mon 10/1, 10/8, 10/15, 10/22, 10/29, 11/5, 11/12, 11/19, 11/26, 12/3, 12/10, 12/17 3:00pm-4:00pm	E	FREE; must RSVP	888-432-5464
Providence Holy Cross Medical Center	15031 Rinaldi St., Mission Hills 91345		http://www.providence.org/losangeles		
	Joint Replacement Education Class	Tues 10/16, 10/23, 10/30, 11/13, 11/20, 11/27, 12/11, 12/18 5:30pm-7:30pm	E	FREE; Must RSVP	888-432-5464
Brandman Centers for Senior Care	7150 Tampa Ave., Reseda 91335				
	call for monthly activities	call for schedule	E	FREE	818-774-8444
L.A. Care Health Plan Pacoima Family Resource Center	10807 San Fernando Rd., Pacoima 91331				
	Yoga	Mondays 10:00am-noon	E/SP	FREE	213-438-5497
	Healthy Cooking	Tuesdays & Thursdays 3:00pm-5:00pm	E/SP	FREE	213-438-5497
	Zumba	Mondays, Tuesdays & Thursdays 5:30pm-6:30pm	E/SP	FREE	213-438-5497
	Kid's Healthy Cooking	Saturdays 10:00am-11:30am	E/SP	FREE	213-438-5497
	CPR/ First Aid	call for schedule	E/SP	FREE	213-438-5497
	Weight Management & Nutrition	Wednesdays 5:00pm-6:00pm	E/SP	FREE	213-438-5497