

## Hospital-based Health Education Programs

 <b>December 2010</b>					
Hospital	Topic/Title	Date/Time	L	Cost	Phone Number
California Smokers' Helpline					
	Smoking Cessation Counseling	Mon-Fri 9 am-9 pm & Sat 9 am-1 pm	E	FREE	1-800-NO-BUTTS
	Smoking Cessation Counseling	Mon-Fri 9 am-9 pm & Sat 9 am-1 pm	Sp	FREE	1-800-456-6386
	Smoking Cessation Counseling	Mon-Fri 9 am-9 pm & Sat 9 am-1 pm	Cant.	FREE	1-800-838-8917
	Smoking Cessation Counseling	Mon-Fri 9 am-9 pm & Sat 9 am-1 pm	Viet.	FREE	1-800-778-8440
	Smoking Cessation Counseling	Mon-Fri 9 am-9 pm & Sat 9 am-1 pm	Ko.	FREE	1-800-556-5564
	Smoking Cessation Counseling	Mon-Fri 9 am-9 pm & Sat 9 am-1 pm	TDD/TTY	FREE	1-800-933-4833
Valley Presbyterian Hospital	<b>15107 Vanowen St., Van Nuys 91405</b>		<a href="http://www.valleypres.org">http://www.valleypres.org</a>		
	Prepared Childbirth	Sat 12/11 & 12/18 9am-3:30pm	E	Charge	818-902-2982
	Heart Saver - Adult, Infant and Child CPR	call for schedule	E	Charge	818-902-2982
Support Groups	Breastfeeding	Wed 9:30-11am	E	FREE	818-902-2982
Senior Programs	Yoga for Seniors	Fri 9-10 am	E	Charge	818-348-7347 Mike
Northridge Medical Hospital	<b>18300 Roscoe Blvd., Northridge 91328</b>		<a href="http://www.northridgehospital.org">http://www.northridgehospital.org</a>		
Support Groups	Brain Injury for survivors & caregivers	Tue 7-8:30pm or Wed 3-4:30pm	E	FREE	818-885-8500 x3797
	Brain Tumor	2nd Wed 12:30-2pm	E	FREE	818-885-8500 x2833
	Breast Cancer	2nd & 4th Tue 7-8:30 pm	E	FREE	818-885-8500 x2833
	Breastfeeding	Thu 10-11:30 am	E	FREE	818-885-8500 x2289
	Cardiac Rehab	2nd Thu noon-1 pm	E	FREE	818-885-5489
	Chronic Pain	2nd & 4th Tue 11 am-12:30 pm	E	FREE	818-885-8500 x3680
	Dementia Caregivers	1st & 3rd Wed 7 pm	E	FREE	818-317-3421
	Fibromyalgia	2nd Mon 6:30-8:30 pm	E	FREE	818-886-8730
	Liver Disease	call for schedule	E	FREE	310-670-4624
	Mental Health	1st & 3rd Thu 7-9 pm	E	FREE	818-994-6747
	Parkinson's	3rd Mon 3:30-5:30 pm	E	FREE	818-776-1183
	Polio (Post-polio syndrome)	last Sun noon-3 pm	E	FREE	818-996-8733
	Sleep Apnea	call for schedule	E	FREE	818-885-8500 x2782
	Spinal Cord Injury	Thu 3-4:15 pm	E	FREE	818-885-8500 x3656
	Stroke Survivors & Caregivers	Wed 3-4 pm	E	FREE	818-885-8500 x4865
	Trigeminal Neuralgia	4th Wed 1-2:30 pm	E	FREE	818-885-8500 x2565
Senior Programs	How to Live Better with Diabetes	Mon 12/20 9-11am	E	FREE	818-426-3089
	Nutrition Tips and Recipes for Seniors	Wed 12/1 noon-2pm	E	FREE	818-988-6848

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Encino Tarzana Regional Medical Center- Tarzana Campus	18344 Clark St., Suite 210 Tarzana 91356		http://www.encino-tarzana.com		
	Healthy Living with Diabetes (4 sessions)	by appointment	E	Charge	818-345-8955
	Diabetes Nutrition Class	Fri 9:30 am	E/Sp	Charge	818-345-8955
	Gestational Diabetes	by appointment	E/Sp	Charge	818-345-8955
	Basic Diabetes Education	Wed 9:30am-12:30pm	E	Charge	818-345-8955
	Breastfeeding	Tue 12/7 & Mon 12/20 6:30-9:30pm	E	Charge	800-779-6636
	Infant Safety & CPR	Mon 12/6 & Tue 12/28 6:30-9:30pm	E	Charge	800-779-6636
Support Groups	Diabetes	4th Wed 7-8pm	E	FREE	818-345-8955
	Early Loss	call for schedule	E	FREE	818-609-2280
	Valley Pumpers Diabetes	call for scheudle	E	FREE	818-907-7092
	Women's Cancer	call for schedule	E	FREE	818-609-2272
	Young Adult Network (Arthritis)	call for more information	E	FREE	818-995-7378
Providence St. Joseph Medical Center	501 S. Buena Vista St., Burbank 91505		http://www.providence.org/losangeles		
	Outpatient Diet Clinic	by appointment	E	Charge	818-847-3550
Support Groups	Breastfeeding	Wed 10am-noon	E	Charge	818-838-BABY
Providence Holy Cross Medical Center	15031 Rinaldi St., Mission Hills 91345		http://www.providence.org/losangeles		
	Nutrition Counseling	by appointment	E	Charge	818-365-8051 x81730
Support Groups	Stroke	Last Wed 4-5:30 pm	E	FREE	818-365-8051 x73272
	Breastfeeding	Mon 1-2:30pm	E	Chrage	818-838-BABY
Community Integration Services	10100 Balboa Blvd., Granada Hills 91344				
	Adult Ed. Computer Literacy Class	Mon, Wed, & Fri 10am-noon	E	FREE	818-772-1155
Senior Programs	Nutrition Program	Mon-Fri noon	E	Charge	818-772-1155