

LAACC Health Classes

*****These are some of the health classes offered at LAACC.
Call LAACC PERC for the full schedule*****

Intro to MOVE!– Weight Management Program

- 1st Monday of the month from 10:30am-12:00pm or 3rd Thursday of the month from 2:00pm-3:30pm
- Held in Room A-336
- Walk-ins welcome or call PERC to schedule or David Damico, RD, MPH at (213) 253-2677 ext.4311

Freedom from Smoking Clinic

- Starts every 1st Tuesday of the month from 10:00am-12:00pm. This is an 8-week program.
- Held in Room A-336
- To schedule, contact David Holland at(213) 253-2677 ext.4476 or Crescent Terry ext.4591

Colonoscopy Education

- **Walk-ins Only:** Every Tuesday at 2:00pm. Held in PERC, Room A-336.
- **Telehealth Class:** Every Wednesday at 10:00am. To schedule call, David Holland at (213) 253-2677 ext.4476.

3-week Diabetes Education

- Held on select Thursdays. Classes are from 8:00am-10:00am.
- Held in PERC, Room A-336
- Walk-ins welcome or call David Damico, RD, MPH at (213) 253-2677 ext.4311 to schedule. Call ahead of time for exact dates.