

SACC Health Classes

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

Stop Smoking Clinic

- Held in Building 200, Conference Room A. Check in with the Blue Team.
- This is an 8-week program. See your provider for a consult or call PERC at (818) 895-9569 to schedule.
- Orientation from 8:30am-10:00am on Fridays
- Follow-Up visits from 10:00am to 11:00am on Fridays

Intro to MOVE!- Weight Management Program

- Questionnaire must be completed to be scheduled for Intro to MOVE (available in PERC or online: www.move.va.gov)
- Held in Building 200, Conference Room C
- **MOVE Intro AM:** 2nd and 4th Friday of the month from 9:00am-10:30am
- **MOVE Intro PM:** 1st and 3rd Friday of the month from 2:00pm– 3:30pm
- You only need to attend one MOVE Intro Class
- * After MOVE Intro, you will have the option to sign-up for MOVE Group Weekly and will be given the schedule at that time.

Colonoscopy Class

- Wednesdays at 2:00pm
- Held in PERC Classroom, Building 200, Room 2500
- This class is only for patients whose providers have ordered a colonoscopy
Call PERC to schedule

Healthy Heart Series

- Held the 3rd Tuesday of the month from 9:00am-10:30am
- Held in Building 200, Conference Room A
- Contact Diane Lucero, RD at (818) 891-7711 ext.5103 or Vance Davis at ext.9919 to schedule an appointment

Diabetes Education

- To schedule a Class 1, contact (818) 891-7711 ext.9425 or ext.5282
- To schedule a Class A and Class B, contact Mira Doshi, RD at (818) 891-7711 ext. 9041 or Vance Davis ext.9919

Diet and Kidney Disease

- Held the 4th Tuesday of every month from 1:15pm-3:00pm
- Held in Building 200, Conference Room B & C
- To schedule, contact Mira Doshi, RD at (818) 891-7711 ext.9041 or Vance Davis ext.9919
- This class is for patients with chronic kidney disease needing diet modifications