

WLA Health Classes

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

Diabetes Education Classes

- Held in Building 500, Room 3055
- Walk-ins welcome or call Debra Jones, RN or Genia Williamson, RN at (310) 478-3711 ext. 49094 to schedule
- Mondays-Thursdays

MOVE Level 1- Weight Management Program

- Held in PERC- Building 500, Room 1606
- Walk-ins welcome or call (310) 478-3711 ext.40023 to schedule
- Wednesdays and Fridays from 9:00am-10:00am

Healthy Heart Nutrition Class

- Held in PERC- Building 500, Room 1606
- Walk-ins welcome or call (310) 478-3711 ext. 44848 to schedule
- 1st and 3rd Wednesdays of the month from 1:30pm-2:30pm

Smoking Cessation Clinic

- Held in Building 401
- Call Diane Dalton, NP at (818) 891-7711 ext.5284 to schedule
- Thursdays starting at 2pm, new patients starting at 1pm