



January 2024 Nutrition Classes and Events

Monday	Tuesday	Wednesday	Thursday	Friday
NOLP Closed	2 	3	4	5
NOLP Closed	9	10 	11 Long Beach Clinic 12pm	12
NOLP Closed	16 NOLP CLOSED	17	18	19
NOLP Closed	23	24	25	26
NOLP Closed	30 PNH Santa Monica 11am	31		

To reserve a spot in class:

Contact G.Negrete at 213.201.1478, gnegrete@aplahealth.org

OR Pedro Banelos at 213.201.1663, pbanuelos@aplahealth.org

Leave your name, phone number, NOLP number and the date of the class you plan to attend.