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Attend In-Person Classes
With a Reservation!

Mon	Tuesday	Wednesday	Thursday	Friday
<p>NOLP</p>  <p>Attendance at any one of the classes listed will count for the NOLP nutrition requirement. Disclaimer: data usage charges may apply depending on your data plan when using </p>			1	<p>2</p> <p>First Friday of the Month</p> <p><u>NOLP DGC Open</u> 9:00 AM – 12:30 PM</p>
<p>5 APLA & NOLP</p> 		<p>7</p> <p><u>Wheel of Fortune Summer Safety UV light & Hydration</u> 10:30 – 11:30 AM</p>  	<p>8</p> <p><u>La Rueda de la fortuna: Precauciones de verano y la Hidratación</u> 2:30 – 3:30 PM</p>  	<p>9</p> <p><u>YOGA with Nancy</u> 10:15 – 11:30 AM</p>  
<p>12 NOLP</p> 	<p>13</p> <p><u>Comprar Comida o Preparar en Casa?</u> 10:30 – 11:30 AM</p> 	<p>14</p> <p><u>What's Cookin with Mark & Daniel</u> 10:30 – 11:30 AM</p>  	<p>15</p> <p><u>El Envejecimiento y La Nutricion Cambios Sensoriales</u> 10:00 – 11:00 AM</p>  	<p>16</p> <p><u>YOGA with Nancy</u> 10:15 – 11:30 AM</p> <p>~~~~~</p> <p><u>What's Cookin on Friday</u> 12:30– 1:30 PM</p>  
<p>19 NOLP</p> 	<p>20</p> <p><u>El Ayuno Intermitente</u> 2:30 – 3:30 PM</p> 	<p>21</p> <p><u>Mindful Eating</u> 2:00 – 3:00 PM</p>  	<p>22</p> <p><u>Kidney Disease</u> 10:00 – 11:00 AM</p>  	<p>23</p> <p><u>YOGA with Mackie</u> 10:15 – 11:30 AM</p>  
<p>26 NOLP</p> 	<p>27</p> <p><u>Gut Health 101</u> 2:30 – 3:30 PM</p> 	<p>28</p> <p><u>Intermittent Fasting for Health</u> 2:00 – 3:00 PM</p>  	<p>29</p> <p><u>Manejando la Nefropatía</u> 2:30 – 3:30 PM</p>  	<p>30</p> <p><u>YOGA with Gracie</u> 10:15 – 11:30 AM</p>  

Reserve a seat for in-person class at the DGC location only:

If the class title has a  symbol, you need to reserve a seat for in-person class.

If the class title has a  symbol, you may attend via the Ringcentral app or by telephone without a reservation.

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To reserve a spot in person please call

Janelle L'Heureux at  
213.201.1556  
or [jlheureux@apla.org](mailto:jlheureux@apla.org)

or

Oscar Romero at  
213.201.1663 or  
[oromero@apla.org](mailto:oromero@apla.org)

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

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Instructions on how to join a class via the Ringcentral app and by telephone is on the back of this page.



Nutrition Education Options

Client's participation in *one activity, one time each year* will fulfill the nutrition education requirement for NOLP enrollment. Other options to acquire nutrition paperwork are listed below. The **Nutrition requirement may be completed anytime during the time period of March 1, 2021 to February 28, 2022 but must be completed before enrolling or by re-enrollment date.**

Classes are offered on site at DGC and/or via Ring Central using video conference or telephone call in.

APLAHealth.org <https://aplahealth.org/services/nolp-food-pantries-nutrition/>

Other options to get the nutrition education confirmation

- Meet with the dietitian, doctor, physician assistant, nurse practitioner or nurse at your medical facility for nutrition education or assessment. The reviewer can use the NOLP Nutrition form or their agency form. Submitted paperwork must include the date of the review or class attended, client's name, client goals, the agencies name and printed name, signature and credentials of the reviewer. Bring a copy of the reviewed & signed document to NOLP with your ID and diagnosis if enrolling for the first time.
- **View a presentation from the APLA Website. Take quiz and submit your answers via Survey Monkey. APLA staff will be notified after completion of video and test and will record your attendance.**

Paperwork necessary to enroll into NOLP:

1. Photo identification (ie: driver's license, California ID, student ID, bus pass, passport...)
2. Confirmation nutrition; participation in one of the nutrition education options listed above, or copy of assessment/class attended from client's registered dietitian or doctor.
3. Proof of HIV infection needed for new clients to NOLP: HIV Diagnosis letter signed by MD, PA or NP or labs results with name of the laboratory and indicating HIV status, CD4 count, HIV Viral load, and type of HIV viral load test performed (Dx letter within last 12 months).

NOLP Site	Address	NOLP site <i>usual</i> shopping hours.
The David Geffen Center (DGC) Korea Town	611 South Kingsley Dr., 90005	Wednesday & Fridays: 10:30 AM – 5:00 PM First Friday of the month open: 9:00 AM – 12:30 PM only
North Hollywood-San Fernando Valley	7336 Bellaire Avenue, 91605	Thursday: 10:00 AM – 4:30 PM 3rd Thursday of the month: 10:00 AM – 3:00 PM
South Los Angeles	1807 East 120 th Street, 90059 (in front of Oasis Clinic)	Thursdays: 10:30 AM - 12:30 PM
At AIDS Food Store in Long Beach	590 E. Willow St., Long Beach, CA 90806	Tuesdays: 9:00 AM – 2:00 PM
JWCH (Wesley Health Center)	1845 North Fair Oaks Avenue, Pasadena, CA	Fridays: 9:00 AM – 2:00 PM
Common Ground, at Venice Family Clinic	622 Rose Avenue, Venice, CA 90291	3 rd Thursday of the month: 1:00 – 3:00 PM
Foothill AIDS Project	233 W. Harrison Ave., Claremont, CA 91711	2 nd & 4 th Wednesday of the month: 3:00 PM – 5:00 PM
At JWCH in Lancaster	858 W Jackman Street, Lancaster, CA 93534	1 st & 3 rd Thursday: 10:00 AM – 2:00 PM
At Project Angel Food	922 Vine Street, Los Angeles, CA 90038	Saturdays: 12:00 – 4:00 PM, New hours is 12pm – 3pm starting 6/12/21
At JWCH on Vermont	954 N. Vermont, Los Angeles, CA 90029	2 nd & 4 th Fridays: 10:00 AM – 2:00 PM

How to attend class via RingCentral



Install the free RingCentral app on your smartphone.

Scan the QR CODE below with your phone's camera to install the app from the App Store/Google Play.



You can scan the QR CODE to quickly enter the class if RingCentral is already installed on your device.

Join these classes at their scheduled time only.

Or install RingCentral on your computer or tablet.



Go to ringcentral.com

- Click Join a Meeting
- Install the app if you haven't
- Enter the Meeting ID & Password
Meeting ID: 836 994 7537
Password: nolp



Or join by phone call (no video)

- Dial (213)250-5700
- Enter Meeting ID: 836 994 7537#

NOLP closed Saturday – Monday with the exception of Saturday distribution of NOLP food at Project Angel Food site