

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Prepared Childbirth Class 1 10:00 A.M–12:00 P.M *Registration Required	2
4 Diabetes Education Monitoring 10:00 AM – 11:00 AM Educación Sobre Diabetes Seguimiento 1:00 PM – 2:00 PM	5	6	7 Lestonnac Free Clinic 17080 Arrow Blvd, Fontana, CA 10:00 AM to 1:00 PM Be Heart Smart Keep Cholesterol in Check 10:00 AM – 11:00 AM Corazón Inteligente Controla el colesterol 1:00 PM – 2:00 PM	8 Prepared Childbirth Class 2 10:00 A.M–12:00 P.M *Registration Required Infant CPR *Non-certified 12:00 P.M–1:00 P.M	9
11 Diabetes Education Taking Medication 10:00 AM – 11:00 AM Educación Sobre Diabetes Medicamentos 1:00 PM – 2:00 PM	12 Maternity Tour In-person 6:00 P.M. to 7:30 P.M. *Registration Required	13 First Aid Training *Non-certified 10:00 A.M–11:00 A.M	14 Lestonnac Free Clinic 214 N. Palm Ave Rialto, CA 92377 10:00 AM to 1:00 PM Keep Your Heart in Mind Healthy Weight 10:00 AM – 11:00 AM Corazón Inteligente Peso saludable 1:00 PM – 2:00 PM	15 Blood Pressure Know Your Numbers 10:00 AM – 11:00 AM	16
18 Diabetes Education Reducing Risk 10:00 AM – 11:00 AM Educación Sobre Diabetes Reducción de riesgos 1:00 PM – 2:00 PM	19 Free Diaper Distribution 9:30 A.M to 12:00 P.M *Registration Required	20 Heart Health Heart Failure Management 10:00 A.M–11:00 A.M	21 Lestonnac Free Clinic 17080 Arrow Blvd, Fontana, CA 10:00 AM to 1:00 PM Protect Your Heart Heart Health & Diabetes 10:00 AM – 11:00 AM Proteja su corazón Salud Cardíaca y Diabetes 1:00 PM – 2:00 PM	22 Nutrition Basics In person with Virtual Option 10:00 AM – 11:00 AM	23
25 Thanksgiving Dinner 1805 Medical Center Drive San Bernardino, CA 92411 5:00 PM to 7:00 PM	26	27 Office Closed	28 Holiday Office Closed	29 Office Closed	30

All Classes are
FREE of
Charge

Todas las
clases son
GRATIS

Join us at the
next cooking
demonstration
class.

Acompáñanos
en la próxima
clase de
demostración
de cocina.

To register call
or scan the QR
code.

Para
registrarse
llame o
escanee el
código QR.



Please note all classes and events are subject to cancel or reschedule.
For more information or to register for a class, please call 909.806.1816.

At Western Avenue and 17th Street
1725 Western Avenue | San Bernardino, CA 92411
909.806.1816 | dignityhealth.org/san-bernardino

<https://bit.ly/3m8FJcv>