

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>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</p> <p>Corazón Inteligente Controla el colesterol 1:00 PM – 2:00 PM</p>	<p>1</p> <p>Prepared Childbirth Class 1 10:00 A.M.–12:00 P.M *Registration Required</p>	<p>2</p>
<p>4</p> <p>Diabetes Education Monitoring 10:00 AM – 11:00 AM</p> <p>Educación Sobre Diabetes Seguimiento 1:00 PM – 2:00 PM</p>	<p>5</p>	<p>6</p>	<p>7</p> <p>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</p> <p>Corazón Inteligente Peso saludable 1:00 PM – 2:00 PM</p>	<p>8</p> <p>Prepared Childbirth Class 2 10:00 A.M.–12:00 P.M *Registration Required</p> <p>Infant CPR *Non-certified 12:00 P.M.–1:00 P.M</p>	<p>9</p>
<p>11</p> <p>Diabetes Education Taking Medication 10:00 AM – 11:00 AM</p> <p>Educación Sobre Diabetes Medicamentos 1:00 PM – 2:00 PM</p>	<p>12</p> <p>Maternity Tour In-person 6:00 P.M. to 7:30 P.M. *Registration Required</p>	<p>13</p> <p>First Aid Training *Non-certified 10:00 A.M.–11:00 A.M</p>	<p>14</p> <p>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</p> <p>Proteja su corazón Salud Cardíaca y Diabetes 1:00 PM – 2:00 PM</p>	<p>15</p> <p>Blood Pressure Know Your Numbers 10:00 AM – 11:00 AM</p>	<p>16</p>
<p>18</p> <p>Diabetes Education Reducing Risk 10:00 AM – 11:00 AM</p> <p>Educación Sobre Diabetes Reducción de riesgos 1:00 PM – 2:00 PM</p>	<p>19</p> <p>Free Diaper Distribution 9:30 A.M to 12:00 P.M *Registration Required</p>	<p>20</p> <p>Heart Health Heart Failure Management 10:00 A.M.–11:00 A.M</p>	<p>21</p> <p>Lestonnac Free Clinic 1367 N. California St San Bernardino, CA 92411 10:00 AM to 1:00 PM Protect Your Heart Diabetes Management 10:00 AM – 11:00 AM Proteja su corazón Control de la Diabetes 1:00 PM – 2:00 PM</p>	<p>22</p> <p>Nutrition Basics In person with Virtual Option 10:00 AM – 11:00 AM</p>	<p>23</p>
<p>25</p> <p>Thanksgiving Dinner 1805 Medical Center Drive San Bernardino, CA 92411 5:00 PM to 7:00 PM</p>	<p>26</p>	<p>27</p> <p>Office Closed</p>	<p>28</p> <p>Holiday Office Closed</p>	<p>29</p> <p>Office Closed</p>	<p>30</p>

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>

Directions

From San Gabriel Valley

- Take 210 East
- Exit and turn left on State Street
- Turn right on Highland Avenue
- Turn right on Medical Center Drive
- Turn left on Goodlett Street for parking

From High Desert

- Take 215 South
- Exit Mt Vernon Avenue
- Turn right on Highland Avenue
- Turn left on Medical Center Drive
- Turn left on Goodlett Street for parking

From Desert Cities

- Take 10 West
- Merge onto 215 North
- Exit and turn left on Highland Avenue
- Turn left on Medical Center Drive
- Turn left on Goodlett Street for parking

From Menifee

- Take 215 North
- Exit and turn left on Highland Avenue
- Turn left on Medical Center Drive
- Turn left on Goodlett Street for parking

Important Phone Numbers

Health Education Center 909.806.1816
Main Hospital 909.887.6333



NOTES _____
