

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|--|--|----------|
| 1 | 2 | 3 | 4 Health Education Center CLOSED | 5 Health Education Center CLOSED | 6 |
| 8 Diabetes Education Introduction to Diabetes 10:00 AM – 11:00 AM Educación Sobre Diabetes Introducción a la diabetes 1:00 PM – 2:00 PM | 9 Maternity Tour In-person 6:00 P.M. to 7:30 P.M. *Registration Required | 10 Cholesterol Check 10:00 AM – 11:00 AM Eating for Two Pregnancy Nutrition 10:30 AM – 11:30 AM Corazón Saludable 1:00 PM – 2:00 PM | 11 Lestonnac Free Clinic Saint Kateri Tekakwitha 157 W Nicolet St Banning, CA 92220 10:00 AM to 1:00 PM | 12 Prepared Childbirth Class 1 10:00 A.M–12:00 P.M *Registration Required | 13 |
| 15 Diabetes Education Healthy Coping Techniques 10:00 AM – 11:00 AM Educación Sobre Diabetes Técnicas de afrentamiento saludables 1:00 PM – 2:00 PM | 16 Free Diaper Distribution 9:30 A.M to 11:30 A.M *Registration Required | 17 Keep Your Heart In Mind Aim For Healthy Weight 10:00 AM – 11:00 AM Corazón Saludable Controle su Presión Arterial 1:00 PM – 2:00 PM | 18 Lestonnac Free Clinic St. Joseph Church 17080 Arrow Blvd, Fontana, CA 92335 10:00 AM to 1:00 PM | 19 Prepared Childbirth Class 2 10:00 A.M–12:00 P.M *Registration Required Arrowhead United Way Health Is Wealth 1355 W 21st Street San Bernardino, CA 92411 10:00 AM to 1:00 PM | 20 |
| 22 Diabetes Education Healthy Eating Part One 10:00 AM – 11:00 AM Educación Sobre Diabetes Alimentación saludable Parte uno 1:00 PM – 2:00 PM | 23 | 24 Protect Your Heart Diabetes & Heart Health 10:00 AM – 11:00 AM Corazón Saludable Corazón Sano 1:00 PM – 2:00 PM | 25 Learn To Latch Breastfeeding Class for Expectant Parents 10:00 AM – 11:30 AM Lestonnac Free Clinic Akoma Unity Center 1367 N. California St San Bernardino, CA 92411 10:00 AM to 1:00 PM | 26 | 27 |
| 29 Diabetes Education Healthy Eating Part Two 10:00 AM – 11:00 AM Educación Sobre Diabetes Alimentación saludable Parte dos 1:00 PM – 2:00 PM | 30 Stress Management 10:00 AM – 11:00 AM Developmental Screening Children 5.5 years & younger 10:00 AM – 1:00 PM *Registration Required | 31 Your Heart, Your Life Make Healthy Eating a Family Affair 10:00 AM – 11:00 AM Corazón Saludable Controle su colesterol 1:00 PM – 2:00 PM | | | |

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.



<https://bit.ly/3m8FJcy>

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

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



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