

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3 Lestonnac Free Clinic 17080 Arrow Blvd, Fontana, CA 10:00 AM to 1:00 PM Heart Disease 10:00 AM – 11:00 AM Enfermedades cardíaca 1:00 PM – 2:00 PM	4 Prepared Childbirth Class 1 10:00 A.M–12:00 P.M *Registration Required	5
7 Diabetes Education Healthy Coping 10:00 AM – 11:00 AM Educación Sobre Diabetes Afrontamiento saludable 1:00 PM – 2:00 PM	8 Maternity Tour In-person 6:00 P.M. to 7:30 P.M. *Registration Required	9	10 Lestonnac Free Clinic 214 N. Palm Ave Rialto, CA 92377 10:00 AM to 1:00 PM Signs of a Heart Attack 10:00 AM – 11:00 AM Signo de ataque cardíaco 1:00 PM – 2:00 PM	11 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	12
14 Diabetes Education Healthy Eating 10:00 AM – 11:00 AM Educación Sobre Diabetes Alimentación saludable 1:00 PM – 2:00 PM	15 CoptoberFest 710 North D Street, San Bernardino CA 92401 4:00 PM to 7:00 PM	16 Healthy & Easy Snacks Chickpea Salad 10:00 AM – 11:00 AM	17 Lestonnac Free Clinic 17080 Arrow Blvd, Fontana, CA 10:00 AM to 1:00 PM Say Yes! to Physical Activity 10:00 AM – 11:00 AM Diga Sí! A Actividad física Enfermedades cardíaca 1:00 PM – 2:00 PM	18 Community Hospital of San Bernardino Annual Trunk or Treat 1800 Medical Center Drive San Bernardino, CA 92411 5:00 PM to 7:00 PM	19 Boot Camp For New Dads 10:00 AM – 1:00 PM
21 Diabetes Education Healthy Eating 10:00 AM – 11:00 AM Educación Sobre Diabetes Alimentación saludable 1:00 PM – 2:00 PM	22 Free Diaper Distribution 9:30 A.M to 12:00 P.M *Registration Required	23 Friends & Family CPR *Non-certified 10:00 A.M–11:00 A.M	24 Lestonnac Free Clinic 1367 N. California St San Bernardino, CA 92411 10:00 AM to 1:00 PM Control Blood Pressure 10:00 AM – 11:00 AM Controle presión arterial Enfermedades cardíaca 1:00 PM – 2:00 PM	25 Nutrition Basics In person with Virtual Option 10:00 AM – 11:00 AM KITS Halloween Trunk or Treat 599 North E Street San Bernardino, CA 92401 6:00 PM to 9:00 PM	26 Open Arms Trick or Treat Resource Fair 323 W 7th Street San Bernardino, CA 92401 11:00 AM – 3:00 PM
28 Diabetes Education Staying Active 10:00 AM – 11:00 AM Educación Sobre Diabetes Mantenerse Activo 1:00 PM – 2:00 PM	29	30 Blood Pressure Know Your Numbers 10:00 AM – 11:00 AM	31 Keep Cholesterol in Check 10:00 AM – 11:00 AM Controle Colesterol Enfermedades cardíaca 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.



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



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