

Visit us online at dignityhealth.org/san-bernardino
for a list of services, health information, classes and more!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Diabetes Prevention Introduction Fit Heart Clinic 1:00 P.M. to 2:00 P.M.	2	3 Diabetes Prevention Track Your Activity Eat Well to Prevent Diabetes 11:00 A.M. to 12:00 P.M.	4 Breastfeeding Support By appointment only	5 Prepared Childbirth Class 1 10:00 A.M.–12:00 P.M *Registration Required Diabetes Prevention Track Your Food + Get More Active 11:00 A.M. to 12:00 P.M	6
8 Food Tasting Drink to Your Health 10:00 AM – 11:00 AM Diabetes Prevention Burn More Calories Than You Take In + Shop and Cook Fit Heart Clinic 1:00 P.M. to 2:00 P.M	9 Maternity Tour In-person 6:00 P.M. to 7:30 P.M. *Registration Required	10 Maternity Tour Virtual 12:00 P.M. to 1:00 P.M. *Registration Required Diabetes Prevention Manage stress & Find Time for Fitness Fit Heart Clinic 11:00 A.M. to 12:00 P.M.	11 Breastfeeding Support By appointment only	12 Prepared Childbirth Class 2 10:00 A.M.–12:00 P.M *Registration Required Diabetes Prevention Triggers & Keep Our Hearts Healthy Fit Heart Clinic 11:00 A.M. to 12:00 P.M. Infant & Child CPR 12:00 P.M to 1:00 PM	13 Boot Camp for New Dads 9:00 A.M. - 12:00 P.M. Diabetes Basics 10:00 A.M. - 11:00 A.M. Blood Pressure 11:15 A.M. - 12:15 P.M.
15 Stress Management 9:00 AM – 10:00 AM Diabetes Prevention Take Charge of Your Thoughts and Get Support Fit Heart Clinic 1:00 P.M. to 2:00 P.M	16 Free Diaper Distribution 9:30 A.M to 11:30 A.M *Registration Required	17 Diabetes Prevention Fit Heart Clinic 11:00 A.M. to 12:00 P.M.	18 Breastfeeding Support By appointment only	19 Diabetes Prevention When Weight Loss Stalls & Taking Fitness Break Fit Heart Clinic 11:00 A.M. to 12:00 P.M. Friends & Family CPR Non-Certified 10:00 AM – 11:30 AM	20 Spring into Action Health & Resource Fair 10:00 A.M. to 2:00 P.M. 10417 Mountain View Ave. Loma Linda, CA 92354
22 Diabetes Prevention Stay Active Away from Home & When Travelling Fit Heart Clinic 1:00 P.M. to 2:00 P.M	23 Breastfeeding Support By appointment only	24 Diabetes Prevention More About Carbs & Healthy Alternatives Fit Heart Clinic 11:00 A.M. to 12:00 P.M.	25 Breastfeeding Support By appointment only	26 Diabetes Prevention Getting Enough Sleep & Prevent T2 Fit Heart Clinic 11:00 A.M. to 12:00 P.M.	27
29 Diabetes Prevention Fit Heart Clinic 11:00 A.M. to 12:00 P.M. Non-Certified	30 Breastfeeding Support By appointment only				

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/3m6FJcv>

Diapers are available for pick-up once a month.

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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