

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 Heart Health Heart Health Basics 10:00 A.M. to 11:00 A.M. Cooking Matters Hack Your Snack 11:00 A.M. to 12:00 A.M.	2 Breastfeeding Support By appointment only	3 Prepared Childbirth Class 1 10:00 A.M.–12:00 P.M. *Registration Required x	4
6 Cooking Matters Drink to Your Health 10:00 AM – 11:00 AM	7 Maternity Tour In-person 6:00 P.M. to 7:30 P.M. *Registration Required	8 Heart Health Blood Pressure & Your Heart 10:00 A.M. to 11:00 A.M. Maternity Tour Virtual 12:00 P.M. to 1:00 P.M. *Registration Required	9 Breastfeeding Support By appointment only	10 Prepared Childbirth Class 2 10:00 A.M.–12:00 P.M. *Registration Required	11 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.
13 Asthma Basics 10:00 AM – 11:00 AM Cooking Matters Yes! To Fruits & Veggies 11:00 AM – 12:00 AM	14 Breastfeeding Support By appointment only	15 Heart Health Cholesterol & Your Heart 10:00 A.M. to 11:00 A.M. Nutrition Facts Learn to Read Food Labels 11:00 A.M. to 12:00 A.M.	16 Lestonnac Free Clinic Mobile Unit St. Joseph Church 17080 Arrow Blvd, Fontana, CA 92335 10:00 AM to 2:00 PM Breastfeeding Support By appointment only	17 Friends & Family CPR Non-Certified 10:00 AM – 11:30 AM Infant & Child CPR 12:00 P.M to 1:00 PM	18
20 Suicide Prevention 10:00 AM – 11:00 AM Nutrition Basics Using My Plate Method 11:00 AM – 12:00 AM	21 Free Diaper Distribution 9:30 A.M to 11:30 A.M. *Registration Required	22 Nature's Therapy Gardening for Well-Being 10:00 A.M. to 11:00 A.M.	23 Lestonnac Free Clinic Mobile Unit Akoma Unity Center 1367 N California St. San Bernardino, CA 92411 10:00 AM to 2:00 PM Breastfeeding Support By appointment only	24	25
27 Holiday Office Closed	28 Breastfeeding Support By appointment only	29 Weight Management 10:00 A.M. to 11:00 A.M. Cooking Matters No Meal Time Madness 11:00 AM – 12:00 AM	30 Breastfeeding Support By appointment only	31 First Aid Non-Certified 10:00 A.M. to 11:00 A.M.	

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.

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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