

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> <b>Drink to Your Health</b> 9:00 A.M to 10:00 A.M	<b>4</b> <b>Breastfeeding Support</b> By appointment only	<b>5</b> <b>Diabetes Empowerment Education Program (DEEP) Intro</b> 9:00 A.M to 11:00 A.M	<b>6</b>	<b>7</b> <b>Prepared Childbirth Class 1</b> 10:00 A.M.–12:00 P.M
<b>10</b> <b>The Family Kitchen</b> 9:00 A.M to 10:00 P.M.	<b>11</b> <b>Virtual Maternity Tour</b> *Registration Required  <b>Breastfeeding Support</b> By appointment only	<b>12</b> <b>Diabetes Empowerment Education Program (DEEP) 1</b> 9:00 A.M to 11:00 A.M	<b>13</b>	<b>14</b> <b>Prepared Childbirth Class 2</b> 10:00 A.M.–12:00 P.M  <b>Infant &amp; Child CPR</b> 12:00 P.M to 1:00 P.M
<b>17</b> <b>Asthma Basics</b> 9:00 A.M to 10:00 A.M.  <b>Yes to Fruit &amp; Veggies</b> 10:00 A.M to 11:00 A.M.	<b>18</b> <b>Breastfeeding Support</b> By appointment only	<b>19</b> <b>Diabetes Empowerment Education Program (DEEP) 2</b> 9:00 A.M to 11:00 A.M	<b>20</b>	<b>21</b> <b>Hack Your Snack</b> 9:00 A.M.–10:00 A.M  <b>Heart Health</b> 11:00 to 12:00 P.M.
<b>24</b> <b>Diabetes Basics</b> 9:00 A.M to 10:00 A.M.  Making Recipes Work for You 10:00 A.M to 11:00 A.M.	<b>25</b> <b>Free Diaper Distribution</b> 10:00 A.M to 12:00 P.M *Registration Required	<b>26</b> <b>Diabetes Empowerment Education Program (DEEP) 3</b> 9:00 A.M to 11:00 A.M	<b>27</b>	<b>28</b> <b>CPR Training</b> 10:00 A.M.–11:30 A.M  <b>QPR- Suicide Prevention</b> 11:30 A.M to 12:30 P.M  <b>Trunk or Treat</b> 5:00 P.M. to 7:00 P.M.
<b>31</b> <b>Stress Management</b> 9:00 A.M to 10:00 A.M.  <b>No More Mealtime Madness</b> 10:00 A.M to 11:00 A.M.				

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 17<sup>th</sup> Street  
1725 Western Avenue | San Bernardino, CA 92411  
909.806.1816 | [dignityhealth.org/san-bernardino](https://dignityhealth.org/san-bernardino)

All Classes are FREE of Charge

Todas las clases son GRATIS



Join us at the next food demonstration class.

Acompáñanos en la próxima clase de demostración de alimentos.

Reciepies/Recetas



<https://bit.ly/3NJ0h79>

To register call or scan the QR code .

Para registrarse llame o escanee el código QR.

(909) 806-1816

<https://bit.ly/3m6FJcv>



## 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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