

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6 Hands Only CPR Non-certified 1:00 P.M to 2:30 P.M.
9 Hack Your Snack 10:00 A.M.–11:00 A.M	10 Breastfeeding Support By appointment only	11 Diabetes Basics 10:00 A.M.–11:00 A.M	12	13 Drink to Your Health 10:00 A.M to 11:00 A.M. Prepared Childbirth Class 1 10:00 A.M.–12:00 P.M
16 Yes! To Fruits & Veggies 10:00 A.M to 11:00 A.M.	17 Breastfeeding Support By appointment only	18 Stress Management 10:00 A.M.–11:00 A.M	19	20 Prepared Childbirth Class 2 10:00 A.M.–12:00 P.M Infant & Child CPR 12:00 P.M.–1:00 P.M Boot Camp for New Dads 4:00 P.M. to 7:00 P.M.
23 First Aid Training Non-certified 10:00 A.M to 11:30 A.M.	24 Free Diaper Distribution 9:30 A.M to 11:30 A.M *Registration Required	25 Asthma Basics 10:00 A.M.–11:00 A.M	26	27 Anti-Human Trafficking Walk 8:00 A.M.–12:00 P.M. 323 W 7th Street San Bernardino, CA 92401
30 Making Recipes Work For You 9:00 A.M to 10:00 A.M.	31 Breastfeeding Support By appointment only		29	

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



NOTES _____
