

Monday	Tuesday	Wednesday	Thursday	Friday
3	4 Breastfeeding Support By appointment only	5	6 Breastfeeding Support By appointment only	7 Prepared Childbirth Class 1 10:00 A.M.–12:00 P.M. Hack Your Snack 10:00 A.M.–11:00 A.M. Hands Only CPR Non-certified 1:00 P.M. to 2:30 P.M.
10 Making Recipes Work For You 10:00 A.M.–11:00 A.M.	11 Breastfeeding Support By appointment only Virtual Maternity Tour 12:00 P.M. to 1:00 P.M. *Registration Required	12 Diabetes Basics 10:00 A.M.–11:00 A.M.	13 Breastfeeding Support By appointment only	14 Prepared Childbirth Class 2 10:00 A.M.–12:00 P.M. Drink to Your Health 10:00 A.M. to 11:00 A.M. Infant & Child CPR 12:00 P.M.–1:00 P.M.
17 Yes! To Fruits & Veggies 10:00 A.M.–11:00 A.M.	18 Breastfeeding Support By appointment only	19 Stress Management 10:00 A.M.–11:00 A.M.	20 Breastfeeding Support By appointment only	21 Nutrition Facts: Learn to Read Nutrition Labels for Better Health 10:00 A.M.–11:00 A.M.
24 Yes! To Fruits & Veggies 10:00 A.M. to 11:00 A.M. Diabetes Basics 1:00 P.M.–2:00 P.M.	25 Free Diaper Distribution 9:30 A.M. to 11:30 A.M. *Registration Required	26 Asthma Basics 10:00 A.M. to 11:00 A.M.	27 Breastfeeding Support By appointment only	28

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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