

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	2 Prepared Childbirth Class 1 10:00 A.M.–12:00 P.M. *Registration Required. Diabetes and Mental Wellness 10:00 AM. to 11:00 AM.	3
5 Healthy Eating On the Go 10:00 A.M. to 11:00 A.M.	6 Breastfeeding Support By appointment only	7 Overcoming Weight Loss Plateaus 10:00 A.M. to 11:00 A.M	8 Breastfeeding Support By appointment only	9 Prepared Childbirth Class 2 10:00 A.M.–12:00 P.M. *Registration Required Infant & Child CPR 12:00 P.M to 1:00 PM	10 Boot Camp for New Dads 9:00 A.M. to 12:00 P.M. Diabetes Basics 10:00 A.M. to 11:00 A.M. Blood Pressure 11:15 A.M. to 12:15 P.M.
12 Staying Active 10:00 A.M. to 11:00 A.M.	13 Maternity Tour In-person 6:00 P.M. to 7:30 P.M. *Registration Required	14 Carbs & Healthy Alternatives 10:00 A.M. to 11:00 A.M. Maternity Tour Virtual 12:00 P.M. to 1:00 P.M. *Registration Required	15 Breastfeeding Support By appointment only	16 CPR Training Non-Certified 10:00 A.M.–11:30 A.M	17
19 Hack Your Snack 10:00 A.M. to 11:00 A.M.	20 Free Diaper Distribution 9:30 A.M to 11:30 A.M *Registration Required	21 Sleep Hygiene 10:00 A.M. to 11:00 A.M.	22 Breastfeeding Support By appointment only	23 Stress Management 10:00 A.M.–11:30 A.M	24
26 Nutrition Basics 10:00 A.M. to 11:00 A.M.	27 Breastfeeding Support By appointment only	28 Heart Health 10:00 A.M. to 11:00 A.M.	29 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.

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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