

Visit us online at dignityhealth.org/san-bernardino
for a list of services, health information, classes and more!

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
6 CPR Training 9:00 A.M. -10:30 A.M. QPR- Suicide Prevention 11:00-12:00 P.M.	7 Guest Speaker: Topic: Emerging Tabaco Trends & Teens 10:00 A.M. -11:00 A.M. Sidewalk CPR 11:00 A.M to 3:00 PM	8 Diabetes Empowerment Education Program (DEEP) 1:00 P.M to 3:00 PM	9	10 Health & Wellness Support Group 9:00 A.M.–10:00 A.M. Prepared Childbirth Class 1 10:00 A.M.–12:00 P.M.
13 Nutrition for Children 9:00 A.M to 10:00 A.M. Stress Management 11:00 A.M to 12:00 P.M.	14 Breastfeeding Support 10:00 A.M to 11:00 A.M. Topics: Benefits of breastfeeding Increasing Milk Production Nutrition	15 Diabetes Empowerment Education Program (DEEP) 1:00 P.M to 3:00 PM	16	17 Prepared Childbirth Class 2 10:00 A.M.–12:00 P.M. Infant & Child CPR 12:00 P.M to 1:00 P.M
20 Weight Management 9:00 A.M to 10:00 A.M. Asthma Basics 9:00 A.M.–10:00 A.M	21 Guest Speaker: Topic: Dental Hygiene 10:00 A.M. -11:00 A.M. Healthy Snacks	22 Diabetes Empowerment Education Program (DEEP) 1:00 P.M to 3:00 PM	23	24 CPR Training 9:00 A.M. -10:30 A.M. QPR- Suicide Prevention 11:00-12:00 P.M
27 CPR Training 9:00 A.M. -10:30 A.M. QPR- Suicide Prevention 11:00-12:00 P.M	28	29 Diabetes Empowerment Education Program (DEEP) 1:00 P.M to 3:00 PM	30	

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

All Classes are FREE
of Charge

Todas las clases son
GRATIS

Baby Family Services

- Virtual Hospital Tour
- Prepared Childbirth Classes
- Breastfeed Support

Servicios de Bebé y Familia

- Tours de hospital virtual
- Clases de preparación de parto
- Apoyo de lactancia

To register call
Para registrarse llame

909-806-1816

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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