November 2023

Dignity Health. Community Hospital of San Bernardino

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** **Breastfeeding Support** By appointment only	**3** **Hack Your Snack** 10:00 A.M to 11:00 A.M **Prepared Childbirth Class 1** 10:00 A.M.–12:00 P.M *Registration Required
6	**7**	**8**	**9** **Maternity Tour** **Virtual** 12:00 P.M. to 1:00 P.M. *Registration Required	**10** **Prepared Childbirth Class 2** 10:00 A.M.–12:00 P.M *Registration Required
13 **Yes! To Fruits & Veggies** 10:00 A.M to 11:00 A.M	**14** **Maternity Tour** **In-person** 6:00 P.M. to 7:30 P.M. *Registration Required	**15** **Asthma Basics** 10:00 A.M to 11:00 A.M	**16** **Free Diaper Distribution** 9:30 A.M to 11:30 A.M *Registration Required	**17** **First Aid Training** **Non-Certified** 10:00 A.M to 11:30 A.M
20 **Annual Community Thanksgiving Dinner** 1800 Medical Center Drive San Bernardino, CA 92411 5:00 P.M to 7:00 P.M.	**21** **Breastfeeding Support** By appointment only	**22**	**23** **Thanksgiving Office Closed**	**24** **Office Closed**
27 **Diabetes Basics** 10:00 A.M to 11:00 A.M	**28** **Breastfeeding Support** By appointment only	**29**	**30** **Breastfeeding Support** By appointment only	

All Classes are FREE of Charge

Todas las clases son GRATIS

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Join us at the next cooking demonstration class.

Acompáñanos en la próxima clase de demostración de cocina.

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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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