

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2 Prepared Childbirth Class 1 10:00 A.M.–12:00 P.M
5 Drink to Your Health 9:00 A.M to 10:00 A.M.	6 Breastfeeding Support By appointment only	7 Diabetes Basics 9:00 A.M to 10:00 A.M.	8	9 Prepared Childbirth Class 2 10:00 A.M.–12:00 P.M Infant & Child CPR 12:00 P.M to 1:00 P.M
12 The Family Kitchen 9:00 A.M to 10:00 P.M.	13 Virtual Maternity Tour *Registration Required	14 Stress Management 9:00 A.M to 10:00 A.M.	15	16 Hack Your Snack 9:00 A.M.–10:00 M.M
19 Yes to Fruit & Veggies 10:00 A.M to 11:00 A.M.	20 Free Diaper Distribution 10:00 A.M to 12:00 P.M *Registration Required	21 Asthma Basics 9:00 A.M to 10:00 A.M.	22	23 CPR Training 10:00 A.M.-11:30 A.M QPR- Suicide Prevention 11:30 A.M to 12:30 P.M
26 Making Recipes Work for You 10:00 A.M to 11:00 A.M.	27 Breastfeeding Support By appointment only	28	29	30

All Classes are FREE of Charge

Todas las clases son GRATIS



Join us at the next food demonstration class.

Acompáñanos en la próxima clase de demostración de alimentos.

Reciepies/Recetas



<https://bit.ly/3NJ0h79>

To register call or scan the QR code .

Para registrarse llame o escanee el código QR.

(909) 806-1816
<https://bit.ly/3m6FJcv>



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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