

# Health Education Center

Offering FREE Programs to the San Bernardino Community

The Health Education Center at Dignity Health - Community Hospital of San Bernardino is a facility dedicated to providing health education and resources to the local community. The center offers a variety of health education programs, classes, and resources to help community members improve their health and well-being. Scan the QR code to sign-up for classes.

## Community Health Navigator

- Assistance with Medi-Cal & CalFresh enrollment
- ID & birth certificate fee waivers
- (for homeless)
- Linkage to resources
- Referrals to free or low-cost clinics

## Community Health and Wellness Education Classes

- Asthma Basics
- CPR
- DEEP-Diabetes Self-Management Program
- Diabetes Basics
- First Aid
- Nutrition Education
- Stress Management
- Weight Management

## Maternal Child Programs

- Childbirth Education
- Diaper Bank Program
- Lactation Assistance
- Maternity Hospital Tour



Call 909-806-1816 for more information.



Health Education Center at Dignity Health - Community Hospital of San Bernardino  
1725 Western Avenue  
San Bernardino, CA 92411



Sign up for classes by scanning the QR code or by visiting:

[bit.ly/HealthEducationCenter](https://bit.ly/HealthEducationCenter)



**Dignity Health.**

Community Hospital of San Bernardino