

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

Monday	Tuesday	Wednesday	Thursday	Friday
2 Diabetes Basics 2:00-3:00 PM	3 Stress Management 10:00-11:00 AM	4	5 Diabetes Basics 2:00-3:00 PM	6
9	10 Maternity Tea & Tour 6:00-7:30 PM	11	12 Diabetes Basics 2:00-3:00 PM	13
16 Diabetes Basics 2:00-3:00 PM	17 Weight Management 10:00-11:00 AM	18	19 Diabetes Basics 2:00-3:00 PM	20
23	24 Nutrition 10:00-11:00 AM	25	26 Diabetes Basics 2:00-3:00 PM	27
30 Diabetes Basics 2:00-3:00 PM	31			

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

ONE extra person is invited to attend the Maternity Tea & Tour. Due to limited space registration is required for hospital tour.

Una persona adicional está invitada a asistir el recorrido de la unidad de maternidad. Debido a espacio limitado, se requiere registro para el recorrido del hospital.

Have a question about a class? Contact
[Samantha Woods](#)
(909) 806-1816 Ext. 4737