




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

Monday	Tuesday	Wednesday	Thursday	Friday
2 March is National Nutrition Month 	3 <u>Better Choices Better Health</u> 9:30 AM - 12:30 PM <i>Location: Baby & Family Center</i>	4 <u>Diabetes Session 1:</u> Diabetes 101 & Complications 9:00 AM - 10:00 AM	5 <u>Read It Before You Eat It!</u> 9:00 AM - 10:00 AM <u>Como Leer Las Etiquetas de Comida</u> 2:00 PM - 3:00 PM	6 <u>Stepping Stones Information Night</u> 4:00 PM - 5:00 PM <i>Location: Main Hospital</i>
9 <u>Nutrition Basics</u> 10:00 AM-11:00 AM	10 <u>Better Choices Better Health</u> 9:30 AM - 12:30 PM <i>Location: Baby & Family Center</i>	11 <u>Diabetes Session 2:</u> Principles of Self-Management & Know Your Numbers 9:00 AM - 10:00 AM	12 <u>Fundamentos de la Diabetes</u> 10:00 AM – 11:00 AM	13 <u>Diabetes Basics</u> 10:00 AM-11:00 AM
16 Need Linkage to Resources Contact Community Health Navigator: Manuel (909) 882-4283	17 <u>Better Choices Better Health</u> 9:30 AM - 12:30 PM <i>Location: Baby & Family Center</i>	18 <u>Diabetes Session 3:</u> Healthy Eating 9:00 AM - 10:00 AM	19 	20
23 <u>Smart Heart</u> 9:00 AM - 10:00 AM <u>Corazon Saludable</u> 10:00 AM-11:00 AM	24 <u>Better Choices Better Health</u> 9:30 AM - 12:30 PM <i>Location: Baby & Family Center</i>	25 <u>Diabetes Workshop 4:</u> Stress Management and Goal Setting 9:00 AM - 10:00 AM	26	27
30 <u>Fundamentos de la Diabetes</u> 10:00 AM – 11:00 AM	31 <u>Better Choices Better Health</u> 9:30 AM - 12:30 PM <i>Location: Baby & Family Center</i>			

All Classes are FREE of Charge

Todas las clases son GRATIS

All are welcome to attend.

Todos son bienvenidos para asistir.

Classes will be held at 401 E. 21st Street San Bernardino, CA unless stated differently.

* Las clases serán en 401 E. 21st Street San Bernardino, CA a menos que se indique lo contrario.*

Please note all classes and events are subject to cancel or reschedule.

For more information or to register for a class, please call 909.881.3333

At 21st Street and Waterman Avenue
401 E. 21st Street | San Bernardino, CA 92404
909.881.3333 | dignityhealth.org/stbernardine

