



# Community Health Education Classes – November 2019

Monday	Tuesday	Wednesday	Thursday	Friday
Need Linkage to Resources Contact Community Health Navigator: Manuel (909) 882-4283 Ext: 223				1
4 <b><u>Diabetes Workshop #1</u></b> 10am-11am 839 N Mt Vernon Ave, San Bernardino, CA 92411	5 <b><u>Nutrition Basics</u></b> 10am-11am <b><u>Fundamentos de la Nutricion</u></b> 11am-12pm	6 <b><u>Blood Pressure Control</u></b> 10am-11am <b><u>Control de la Presion Arterial</u></b> 11am-12pm	7	8 Can't make a class? Call to schedule a one on one appointment. <b>909-881-3333 Ext:225</b>
11	12 <b><u>Diabetes Basics</u></b> 10am-11am <b><u>Fundamentos de la Diabetes</u></b> 11am-12pm	13  <b>Share the Warmth!</b> <i>We invite you to donate jackets and sweaters for our 25<sup>th</sup> Annual Community Thanksgiving Dinner &amp; Jacket Boutique</i> <b>Drop off at address listed below.</b>	14	15 <b><u>Healthy Holidays(Nutrition)</u></b> 9am-10am
18 <b><u>Diabetes Workshop #2</u></b> 10am-11am 839 N Mt Vernon Ave, San Bernardino, CA 92411	19	20 <b><u>Diabetes Workshop #3</u></b> 10am-11am 839 N Mt Vernon Ave, San Bernardino, CA 92411	21	22 ¿No puedes asistir una clase? Llame para hacer una cita. <b>909-881-3333 Ext: 225</b>
25 <i><b>You can register for any of our classes via EventBrite!</b></i>	26  <b><u>25<sup>th</sup> Annual Free Community Thanksgiving Dinner</u></b> 4pm-6pm 1931 N. E St, San Bernardino, CA 92405	27 <b><u>SBMC Health Education &amp; Resource Center</u></b> <b>Closed</b>	28 <b>Thanksgiving Day</b> <b><u>SBMC Health Education &amp; Resource Center</u></b> <b>Closed</b>	29 <b>Thanksgiving Day</b> <b><u>SBMC Health Education &amp; Resource Center</u></b> <b>Closed</b>



401 E. 21<sup>st</sup> Street  
San Bernardino, CA 92404  
To register & for more information call  
909-881-3333 Ext: 225  
*Hablamos Español*



**Dignity Health**  
St. Bernadine Medical Center

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2	3 <u>Diabetes Basics</u> 10am-11am <u>Fundamentos de la Diabetes</u> 11am-12pm	4 <u>Blood Pressure Control</u> 10am-11am <u>Control de la Presion Arterial</u> 11am-12pm	5	6 Can't make a class? Call to schedule a one on one appointment. 909-881-3333 Ext:225
9 <u>Smart Heart</u> 10am-11am <u>Corazon Saludable</u> 11am-12pm	10	11 <u>How to Survive the Holiday Stress</u> 9am-10am <u>Como Sobrevivir el Estres de las Fiestas</u> 11am-12pm	12	13
16 Need Linkage to Resources Contact Community Health Navigator: Manuel (909) 882-4283 Ext: 223	17 <u>Nutrition Basics</u> 10am-11am <u>Fundamentos de la Nutricion</u> 11am-12pm	18	19	20
23 	24 	25 <u>Merry Christmas!</u> <u>SBMC HERC CLOSED</u>  <u>12/23-12/31</u>	26 	27 
30 <u>SBMC HERC CLOSED</u>	31 <u>SBMC HERC CLOSED</u>			



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