

Visit us online at [dignityhealth.org/san-bernardino](https://dignityhealth.org/san-bernardino)  
for a list of services, health information, classes and more!

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b>  <b>Childhood Asthma</b> 2:00 P.M. -3:00 A.M.	<b>3</b>	<b>4</b>  <b>Diabetes Basics</b> 2:00 P.M. -3:00 P.M.	<b>5</b>	<b>6</b>
<b>9</b>  <b>Nutrition 101</b> 2:00 P.M. -3:00 P.M.	<b>10</b>	<b>11</b>  <b>Prepared Childbirth Class 1</b> 10:00 A.M.–12:00 P.M.	<b>12</b>  <b>Prepared Childbirth Class 1</b> 10:00 A.M.–12:00 P.M.	<b>13</b>  <b>CPR &amp; First Aid</b> 1:00 P.M.–3:00 P.M.
<b>16</b>  <b>CPR &amp; First Aid</b> 1:00 P.M.–3:00 P.M.	<b>17</b>	<b>18</b>  <b>Prepared Childbirth Class 2</b> 10:00 A.M.–12:00 P.M. <b>Diabetes Basics</b> 2:00 P.M. -3:00 P.M.	<b>19</b>  <b>Prepared Childbirth Class 2</b> 10:00 A.M.–12:00 P.M.	<b>20</b>  <b>Nutrition 101</b> 9:00 A.M. -10:00 A.M.
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<b>30</b>  <b>Heart Health</b> 2:00 P.M.–3:00 P.M.	<b>31</b>			

All Classes are FREE  
of Charge

Todas las clases son  
GRATIS

Please call to register  
for classes.

Por favor llame para  
registrarse para clases.

To register call  
Para registrar llame

909-806-1816

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 17<sup>th</sup> Street  
1725 Western Avenue | San Bernardino, CA 92411  
909.806.1816 | [dignityhealth.org/san-bernardino](https://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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