

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

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|--|
| | | 1 Diabetes Basics 2:00 P.M. -3:00 P.M | 2 | 3 HEC Closed |
| 6 Holiday HEC Closed | 7 | 8 Diabetes Basics 9:00 A.M. -10:00 A.M Childhood Asthma 2:00 P.M. -3:00 P.M | 9 Prepared Childbirth Class 1 10:00 A.M.–12:00 P.M. | 10 CPR & First Aid 9:00 P.M.–12:00 P.M |
| 13 CPR & First Aid 1:00 P.M.–3:00 P.M | 14 Heart Health 1:00 P.M.–3:00 P.M | 15 Diabetes Basics 9:00 A.M. -10:00 A.M | 16 Prepared Childbirth Class 2 10:00 A.M.–12:00 P.M. | 17 Nutrition 101 9:00 A.M. -10:00 A.M. |
| 20 Stress Management 2:00 P.M. -3:00 A.M. | 21 Nutrition 101 2:00 P.M. -3:00 P.M | 22 Diabetes Basics 2:00 P.M. -3:00 P.M. | 23 Prepared Childbirth Class 3 10:00 A.M.–12:00 P.M. | 24 Weight Management 9:00 A.M. -10:00 A.M. |
| 27 | 28 | 29 Childhood Asthma 2:00 P.M. -3:00 P.M | 30 | |

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 17th Street
1725 Western Avenue | San Bernardino, CA 92411
909.806.1816 | 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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