

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>  <b>Nutrition 101</b> 2:00 P.M. -3:00 P.M	<b>2</b>	<b>3</b>  <b>Diabetes Basics</b> 2:00 P.M. -3:00 P.M.	<b>4</b>  <b>Prepared Childbirth Class 1</b> 10:00 A.M.–12:00 P.M.	<b>5</b>  <b>Weight Management</b> 10:00 A.M to 11:00 AM
<b>8</b>  <b>Stress Management</b> 2:00 P.M. -3:00 P.M.	<b>9</b>	<b>10</b>  <b>Diabetes Basics</b> 9:00 A.M. -10:00 A.M	<b>11</b>  <b>Prepared Childbirth Class 2</b> 10:00 A.M.–12:00 P.M.	<b>12</b>
<b>15</b>  <b>Heart Health</b> 1:00 P.M.–3:00 P.M	<b>16</b>	<b>17</b>  <b>Diabetes Basics</b> 2:00 P.M. -3:00 P.M.	<b>18</b>  <b>Prepared Childbirth Class 3</b> 10:00 A.M.–12:00 P.M.	<b>19</b>  <b>Nutrition 101</b> 9:00 A.M. -10:00 A.M.
<b>22</b>  <b>Community Thanksgiving Dinner</b> 4:00 P.M. to 6:00 P.M.	<b>23</b>	<b>24</b>  <b>Youth CPR Non-Certified</b> 9:00 A.M. -10:30 A.M 1:00 P.M. to 2:30 P.M	<b>25</b>  <b>Holiday</b>	<b>26</b>  <b>HEC Closed</b>
<b>29</b>	<b>30</b>			

All Classes are FREE  
of Charge

Todas las clases son  
GRATIS

### Baby Family Services

- Virtual Hospital Tour
- Prepared Childbirth Classes
- Breastfeed Support

### Servicios de Bebé y Familia

- Tours de hospital virtual
- Clases de preparación de parto
- Apoyo de lactancia

To register call  
Para registrarse 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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