

Monday	Tuesday	Wednesday	Thursday	Friday
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4	5	6 Diabetes Basics 9:00 A.M. -10:00 A.M	7 Prepared Childbirth Class 1 10:00 A.M.–12:00 P.M.	8 Youth CPR Non-Certified 9:00 P.M.–10:30 A.M
11 Youth CPR 9:00 A.M.–10:30 A.M Adult CPR 1:00 P.M.–2:30 P.M Non-Certified	12 Heart Health 1:00 P.M.–2:00 P.M	13 Diabetes Basics 2:00 P.M. -3:00 P.M.	14 Prepared Childbirth Class 2 10:00 A.M.–12:00 P.M.	15 Nutrition 101 9:00 A.M. -10:00 A.M.
18 Stress Management 2:00 P.M. -3:00 A.M.	19 Childhood Asthma 2:00 P.M. -3:00 P.M	20 Diabetes Basics 9:00 A.M. -10:00 A.M	21 Prepared Childbirth Class 3 10:00 A.M.–12:00 P.M.	22 CPR Non-Certified 9:00 P.M.–10:30 A.M
25 Weight Management 10:00 A.M to 11:00 AM	26	27 Diabetes Basics 2:00 P.M. -3:00 P.M.	28	29 Nutrition 101 9:00 P.M. -10:00 P.M

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

- Recorrido 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 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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