



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



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



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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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