

January 2025

IEHP Wellness Classes

• West San Bernardino & San Bernardino Proper



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Location
			01	02	03	04	IEHP Community Wellness Ctr 805 West 2nd Street (Suite C) San Bernardino, CA 92410
05	06 • 10AM Diabetes: Monitoring • 11:30AM Food Knowledge • 1PM Diabetes: Monitoring • 2:30PM Diabetes: Healthy Coping • 3:30PM Control Your Asthma	07	08	09	10	11	Community Hospital of SB 1725 Western Ave N San Bernardino, CA 92411
12	13 • 10AM Intro to Diabetes • 11AM Intro to Healthy Heart • 11:30AM Advance Care Planning • 1PM Intro to Diabetes • 2:30PM Diabetes: Healthy Coping	14 • 2PM Are you at risk for Heart Disease?	15 • 3PM Your Health & Wellness Benefits	16	17	18	Dignity Adult Day Health Care 4110 Holt Blvd. Montclair, CA 91763
19	20	21 • 10AM Intro to Healthy Living • 11AM Control Your Blood Pressure • 1:30PM Control Your Blood Pressure • 2:30PM Understand Your Asthma • 3PM Intro to Healthy Living • 4PM Living Well: Setting Goals	22	23	24 • 11AM Intro to Healthy Living	25	YMCA - Chino Valley 5665 Edison Ave. Chino, CA 91710
26	27 • 9:30AM Heart Attack Signs • 10AM Diabetes: Healthy Eating#1 • 11AM Control Your Cholesterol • 11:30AM Diabetes: Reducing Risks • 1PM Diabetes: Healthy Eating#1 • 2:30PM Quitting Tobacco • 3PM Healthy Living: Food Knowledge	28 • 2PM Are you at risk for Heart Disease? • 3PM Your Health & Wellness Benefits	29	30	31 • 11AM Healthy Living: Food Knowledge		Arroyo Valley High School 1881 W. Base Line St. San Bernardino, CA 92411

- English
- Spanish