

November 2024

IEHP Wellness Classes

• North San Bernardino County



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Location
					01	02	IEHP Community Wellness Ctr 12353 Mariposa Road (Unit 2 & 3) Victorville, CA 92395
03	04	05	06	07	08	09	
10	11	12	13	14	15	16	
		• 10AM Your Health & Wellness Benefits					
17	18	19	20	21	22	23	
	• 9AM Relaxation Techniques • 10:30AM Diabetes: Taking Medicines • 1:30PM Quitting Tobacco • 3PM Diabetes: Healthy Eating 1		• 1PM Your Health & Wellness Benefits				
24	25	26	27	28	29	30	

- English
- Spanish

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