

# November 2024

# IEHP Wellness Classes

• West San Bernardino & San Bernardino Proper



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Location
					01	02	<b>IEHP Community Wellness Ctr</b> 805 West 2Nd Street (Suite C) San Bernardino, CA 92410
03	04 <ul style="list-style-type: none"> <li>10AM Diabetes: Monitoring</li> <li>11:30AM Food Knowledge</li> <li>1PM Diabetes: Monitoring</li> <li>2:30PM Diabetes: Healthy Coping</li> <li>3:30PM Control Your Asthma</li> </ul>	05 <ul style="list-style-type: none"> <li>11AM Intro to Healthy Living</li> </ul>	06 <ul style="list-style-type: none"> <li>10AM Protect Your Heart</li> <li>3PM Your Health &amp; Wellness Benefits</li> </ul>	07 <ul style="list-style-type: none"> <li>10AM Aim for a Healthy Weight</li> <li>1PM Aim for a Healthy Weight</li> </ul>	08	09	<b>Community Hospital of SB</b> 1725 Western Ave N San Bernardino, CA 92411
10	11 <ul style="list-style-type: none"> <li>10AM Diabetes: Problem Solving</li> <li>1PM Diabetes: Problem Solving</li> </ul>	12 <ul style="list-style-type: none"> <li>11AM Food Knowledge</li> <li>11:30AM Intro to Healthy Heart</li> <li>1PM Healthy Habits</li> <li>3:30PM Diabetes: Monitoring</li> <li>4PM Quitting Tobacco</li> </ul>	13 <ul style="list-style-type: none"> <li>10AM Heart Healthy Eating</li> <li>4PM Quitting Tobacco</li> </ul>	14 <ul style="list-style-type: none"> <li>10AM Protect Your Heart</li> <li>1PM Protect Your Heart</li> </ul>	15	16	<b>Pomona Valley Hospital Med Ctr</b> 1910 Royalty Dr. Pomona, CA 91767
17	18 <ul style="list-style-type: none"> <li>10AM Diabetes: Healthy Coping</li> <li>11:30AM Healthy Habits</li> <li>1PM Diabetes: Healthy Coping</li> <li>2:30PM Advanced Care Planning</li> <li>3:30PM Intro to Healthy Heart</li> </ul>	19 <ul style="list-style-type: none"> <li>11AM Food Knowledge</li> </ul>	20 <ul style="list-style-type: none"> <li>10AM Eat in a Heart Healthy Way</li> </ul>	21 <ul style="list-style-type: none"> <li>10AM Heart Healthy Eating with Family</li> <li>1PM Heart Healthy Eating with Family</li> </ul>	22 <ul style="list-style-type: none"> <li>3PM Your Health &amp; Wellness Benefits</li> </ul>	23	<b>Inland Coalition for Immigrant Justice</b> 2441 North Sierra Way San Bernardino, CA 92405
24	25 <ul style="list-style-type: none"> <li>10AM Diabetes: Reducing Risks</li> <li>1PM Diabetes: Reducing Risks</li> </ul>	26	27 <ul style="list-style-type: none"> <li>10AM Enjoy Living Smoke Free</li> </ul>	28	29	30	<b>Ovitt Family Community Library</b> 215 E. C St. Ontario, CA 91764

- English
- Spanish

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