February 2025

IEHP Wellness Classes • North San Bernardino County

IEHP Inland Empire Health Plan

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						01
02	03	04 • 9:30AM Prenatal Care • 11AM Intro to Healthy Living • 1:30PM Control Blood Pressure • 3PM Advance Care Planning	05 • 10AM Your Health & Wellness Benefits • 11:30AM Digital Tools for a Healthier You	06	07 • 9:30AM Intro to Healthy Heart	08
09	10	11	12 • 9:30AM Control Your Asthma • 11AM Controlling Stress • 1:30PM Controlling Stress • 3PM Food Knowledge: MyPlate, Portion Sizes	13	14 • 9:30AM Control Your Blood Pressure	15
16	17	18 • 9:30AM Advance Care Planning • 11AM Healthy Eating Part 1 • 1:30PM Stress During Pregnancy • 3PM Intro to Diabetes	19 • 1 PM Your Health & Wellness Benefits • 2:30PM Digital Tools for a Healthier You	20	21 • 9:30AM Control Your Cholesterol	22
23	24	25 • 10:30AM Control Your Blood Pressure	26 • 9:30AM Control Your Blood Pressure • 11AM Quitting Tobacco • 1:30PM Control Your Asthma • 3PM Healthy Eating Part 1	27	28	

Location

IEHP Community Wellness Ctr
12353 Mariposa Road (Unit 2 & 3)
Victorville, CA 92395

Lucerne Valley Senior Center
10431 Allen Way
Lucerne Valley, CA 92356

Choice Medical Group
19111 Town Center Drive
Apple Valley, CA 92308

• English
• Spanish