## February 2025

## IEHP Wellness Classes • West San Bernardino & San Bernardino Proper



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Location
						01	IEHP Community Wellness C
							805 West 2Nd Street (Suite
							San Bernardino, CA 92410
							Community Hospital of SB
							1725 Western Ave N
2	03	04	05	06	07	08	San Bernardino, CA 92411
	• 10AM Intro to Diabetes	• 10AM Are You at Risk for Heart	Disease?		• 9:30AM Heart Attack Signs		
	• 11:30AM Food Labels & Smart S	hoj• 1PM Are You at Risk for Heart	Disease?		• 11AM Food Labels & Smart Shopp	ping	YMCA - Chino Valley
	• 1PM Diabetes: Healthy Eating	Part 2					5665 Edison Ave.
	• 1PM Heart Attack Signs						Chino, CA 91710
	• 2:30PM Finding Your Social Su	pport					
	• 3PM Food Labels & Smart Shopp:						
	10	11	12	13	14	15	Arroyo Valley High School
	• 10AM Diabetes: Healthy Eating	Pa ● 10AM Heart Attack Signs			• 9:30AM Control Your High Blood		1881 W. Base Line St.
	• 11:30AM Intro to Healthy Hear				• 11AM Healthy Habits		San Bernardino, CA 92411
	• 1PM Diabetes: Being Active	• 2PM Digital Tools for a Hea					
		ng • 3PM Your Health & Wellness Ben	efits				
	• 3PM Healthy Habits						
	17	18	19	20	21	22	
		• 10AM Advance Care Planning			• 9:30AM Keep Your Cholesterol		
		• 11AM Intro to Diabetes					
		• 1:30PM Food Knowledge: MyPlate	, Portion Sizes				
		• 2:30PM Control Your Cholestero					
	24	25	26	27	28		
	• 9:30AM Control Your High Bloom		20	_,	• 11AM Healthy Living: Food Know	wledge	
	• 1PM Diabetes: Taking Medication				<b>3 3 3 3 3 3 3 3 3 3</b>		
	• 1PM Heart Attack Signs	• 3PM Your Health & Wellness Ben	efits				
	• 2:30PM Living Well: Building S						
	0						
	• 3:30PM Control Your Asthma						
	• 3:30PM Control Your Asthma						