

January 2025

IEHP Wellness Classes • North San Bernardino County



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Location
			01	02	03	04	IEHP Community Wellness Ctr 12353 Mariposa Road (Unit 2 & 3) Victorville, CA 92395
05	06 • 9:30AM Becoming a Mom: You • 11AM Healthy Living: Healthy Habits • 1:30PM Intro to Healthy Heart • 3PM Advance Care Planning	07	08 • 10AM Your Health & Wellness Benefits	09	10	11	Lucerne Valley Senior Center 10431 Allen Way Lucerne Valley, CA 92356
12	13 • 9:30AM Living Well: Healthy Reaction • 11AM Understand Your Asthma • 1:30PM Mindful Living: Finding Social Support • 3PM Intro to Healthy Living	14	15	16	17	18	
19	20	21 • 9:30AM Advance Care Planning • 11AM Intro to Diabetes • 1:30PM Eating Healthy during Pregnancy • 3PM Diabetes: Healthy Coping	22 • 1 PM Your Health & Wellness Benefits	23	24	25	
26	27 • 9:30AM Quitting Tobacco • 11AM Intro to Healthy Heart • 1:30PM Understand Your Asthma • 3PM Diabetes: Reducing Risks	28 • 10:30AM Intro to Healthy Heart	29	30	31		
<ul style="list-style-type: none"> • English • Spanish 							