

 					
Oct, Nov & Dec 2018					
Hospital	Topic/Title	Date/Time	L	Cost	Phone Number
California Smokers' Helpline					
	Smoking Cessation Counseling	Mon-Fri 9am-9pm & Sat 9am-1pm	E	FREE	1-800-NO-BUTTS
	Smoking Cessation Counseling	Mon-Fri 9am-9pm & Sat 9am-1pm	SP	FREE	1-800-456-6386
	Smoking Cessation Counseling	Mon-Fri 9am-9pm & Sat 9am-1pm	CANT	FREE	1-800-838-8917
	Smoking Cessation Counseling	Mon-Fri 9am-9pm & Sat 9am-1pm	VIE	FREE	1-800-778-8440
	Smoking Cessation Counseling	Mon-Fri 9am-9pm & Sat 9am-1pm	KO	FREE	1-800-556-5564
	Smoking Cessation Counseling	Mon-Fri 9am-9pm & Sat 9am-1pm	TDD/TTY	FREE	1-800-933-4833
Caregivers At Home	Telephone Series				
	Telephone Support Group for Caregivers	3rd Wednesday 10:00am-11:30am & 6:30-8:00pm	E	FREE; must RSVP	1-800-540-4442
San Antonio Community Hospital	999 San Bernardino Rd., Upland 91786		http://www.sach.com		
	Breastfeeding Class	call for schedule	E	FREE; must RSVP	909-980-2229
	Family & Friends CPR, Infants/ Child	call for date 6:00pm-9:00pm	E	Charge	909-980-2229
	Pre- diabetes and Diabetes Self Management Class	4th Wednesday of the month 1:00pm-3:00pm	E	FREE	909-944-9355
Support Groups	Diabetes	1st Tuesday of the month 6:00pm-7:00pm	E	FREE	909-944-9355
	following class held at: 901 San Bernardino Rd 3rd Floor., Upland				
	Breast Cancer	2nd & 4th Thursday of each month 11:00am-	E	FREE	909-579-6700
	Cancer	3rd Wednesday of each month 3:00pm-4:00pm	E	FREE	909-579-6700
Pomona Valley Hospital	1798 N. Garey Ave., Pomona 91767		http://www.pvhmc.org		
	Baby Express	Sat 10/13,11/10,12/8 9:00am-12:00pm	E	Charge; must RSVP	909-865-9858
	Breastfeeding	Thurs 10/11,11/8,12/13 6:30pm-8:30pm	E	Charge; must RSVP	909-865-9858
	Family and Friends CPR	Sat 10/6,11/3,12/1 9:00am-12:00pm	E	Charge; must RSVP	909-865-9858
Community Hospital of San Bernardino	1725 Western Ave., San Bernardino 92411		http://www.chsb.org		
	Better Choices Better Health	call for schedule	E	FREE	909-806-1816
	Diabetes Classes (multiple classes)	call for schedules	E	FREE	909-806-1816

Hospital-based Health Education Programs

Hospital	Topic/Title	Date/Time	L	Cost	Phone Number
	Smart Hearth	call for schedule	E	FREE	909-806-1816
	Breastfeeding Center	Tuesdays & Fridays 10:00am-noon	E	FREE	909-806-1816
San Dimas Community Hospital	1350 W. Covina Blvd., San Dimas 91773		http://www.sandimashospital.com		
	Childbirth Education Class	Third & Fourth Tuesday of each month 6:00pm-8:00pm	E	FREE	909-599-6811 ext 2311
	Baby Care Plus and Breastfeeding Class	Third Thursday of each month 7:00pm- 9:00pm	E	FREE	909-599-6811 ext 2311