

 					
Jan, Feb & Mar 2019					
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- pm	Cant.	FREE	1-800-838-8917
	Smoking Cessation Counseling	Mon-Fri 9am-9pm & Sat 9am-1pm	Viet.	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 Wed 10-11:30am & 6:30pm-8:00pm	E	FREE; must RSVP	1-800-540-4442
San Antonio Community Hospital	999 San Bernardino Rd., Upland 91786		<a href="http://www.sach.com">http://www.sach.com</a>		
	Healthy Heart	3rd Wed 4:30pm-5:30pm	E	FREE; must RSVP	909-920-6225
	Heartsaver CPR	2nd Tue 6:00pm-10:00pm	E	Charge; must RSVP	909-944-9355
	Breastfeeding	call for schedule	E	Charge; must RSVP	909-980-2229
	Infant Care	call for schedule	E	Charge; must RSVP	909-980-2229
Support Groups	Breast Cancer	2nd & 4th Thurs 11:00am-noon	E	FREE	909-579-6700
	Cancer	3rd Wed 3:00pm-4:00pm	E	FREE	909-579-6700
	Cancer Caregivers	1st Wed 3:00pm-4:00pm	E	FREE	909-579-6700
	Pilates for Cancer Health	Mondays 3:30-4:30pm	E	FREE	909-579-6700
	Diabetes	1st Tue 6:00pm-7:00pm	E	FREE	909-944-9355
	Look Good...Feel Better	2nd Mon 10:00am-noon	E	FREE	909-579-6700
Pomona Valley Hospital	1798 N. Garey Ave., Pomona 91767		<a href="http://www.pvhmc.org">http://www.pvhmc.org</a>		
	Breastfeeding	call for schedule	E	Charge	909-865-9858
	Family and Friends CPR	call for schedule	E	Charge	909-865-9858
	Stretch & Yoga	Thursdays 5 p.m. - 6:30 p.m.	E	FREE	909-865-9858
	Stretch & Yoga	Monday 3 p.m. - 4 p.m.	E	FREE	909-865-9858
	Stretch & Yoga	Wednesdays 11 a.m. - 12 noon	E	FREE	909-865-9858
	Diabetes 101	call for schedule	E	FREE	909-865-9858
	Maternity Orientation	call for schedule	E/S/CH	FREE	909-865-9858

### Hospital-based Health Education Programs

Hospital	Topic/Title	Date/Time	L	Cost	Phone Number
Support Groups	Lukemia/Lymphoma/Myeloma	1st Wed. of every month 12 noon - 1:30 p.m.	E	FREE; must RSVP	800-227-2345
	When Cancer Enters Your Life	1st Thurs 6:00pm	E	FREE	909-865-9858
	Women with Cancer	2nd Mon 7:00pm	E	FREE	909-865-9858
	Breast Cancer	4th Mon 7:00pm	E	FREE	909-865-9858
	Bereavement/Loss	Tuesdays @ 7:00pm & Thursdays @ 3:00pm	E	FREE	909-399-3289
Community Hospital of San Bernardino	1725 Western Ave., San Bernardino 92411		<a href="http://www.chsb.org">http://www.chsb.org</a>		
	call for information on classes-Website not up to date	call for schedule	E	FREE	909-806-1816
San Dimas Community Hospital	1350 W. Covina Blvd., San Dimas 91773		<a href="http://www.sandimashospital.com">http://www.sandimashospital.com</a>		
	Maternity Open House	1st Thurs 7:00pm-9:00pm	E	FREE	909-599-6811
	Baby Care & Breastfeeding Class	3rd Thurs of each month 7:00pm-9:00pm	E	FREE	909-599-6811