



## Diabetes

**May 2017**

**APPLE VALLEY**

16143 Kokanee Rd.  
Health Education Room

*Diabetes Basics/  
Healthy Eating*

5/3/17

10:00 AM

**BARSTOW**

801 E. Mountain View Dr.  
Suite F

*Diabetes Basics/  
Healthy Eating*

5/9/17

10:00 AM

**BIG BEAR LAKE**

Big Bear Community Center  
42002 Fox Farm Rd.

*Diabetes Basics/  
Healthy Eating*

5/31/17

10:00 AM

**VICTORVILLE**

12424 Hesperia Rd.  
Suite 1

*Diabetes Basics*

5/1/17

11:00 AM

*Diabetes Basics/  
Healthy Eating*

5/4/17

2:00 PM

*Healthy Eating*

5/8/17

11:00 AM

*Healthy Eating*

5/11/17

2:00 PM

*Medications*

5/15/17

11:00 AM

*Medications*

5/18/17

2:00 PM

*Diabetes Basics/  
Healthy Eating*

5/18/17

7:00 PM

*Being Active*

5/22/17

11:00 AM

*Being Active*

5/25/17

2:00 PM



## COPD

**May 2017**

**VICTORVILLE**

12424 Hesperia Rd. Suite 1

*COPD : Nutrition*

5/1/17

2:00 PM



## Cardiac Health

**May 2017**

**VICTORVILLE**

12424 Hesperia Rd. Suite 1

*Cardiac : Nutrition*

5/15/17

2:00 PM

*Come learn with us! All classes are FREE and open to the public!*



(442) 242-6719 • [www.hvvmg.com](http://www.hvvmg.com)



## Diabetes

**June 2017**

**APPLE VALLEY**

16143 Kokanee Rd.  
Health Education Room

*Medications/Being Active*

6/7/17

10:00 AM

**BARSTOW**

801 E. Mountain View Dr.  
Suite F

*Medications/Being Active*

6/13/17

10:00 AM

**BIG BEAR LAKE**

Big Bear Community Center  
42002 Fox Farm Rd.

*Medications/Being Active*

6/28/17

10:00 AM

**VICTORVILLE**

12424 Hesperia Rd.  
Suite 1

*Problem Solving*

6/1/17

2:00 PM

*Problem Solving*

6/5/17

11:00 AM

*Healthy Coping*

6/8/17

2:00 PM

*Healthy Coping*

6/12/17

11:00 AM

*Monitoring*

6/15/17

2:00 PM

*Medications/Being Active*

6/15/17

7:00 PM

*Monitoring*

6/19/17

11:00 AM

*Reducing Risks*

6/22/17

2:00 PM

*Reducing Risks*

6/26/17

11:00 AM

*Problem Solving*

6/29/17

2:00 PM



## COPD

**June 2017**

**VICTORVILLE**

12424 Hesperia Rd. Suite 1

*COPD: Medications & Tests*

6/5/17

2:00 PM



## Cardiac Health

**June 2017**

**VICTORVILLE**

12424 Hesperia Rd. Suite 1

*Cardiac: Medications & Tests*

6/19/17

2:00 PM

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