



Diabetes

Sept. 2017

BIG BEAR LAKE

Big Bear Community Center
42002 Fox Farm Rd.

*Diabetes Basics/
Healthy Eating*

9/27/17

10:00 AM

VICTORVILLE

12424 Hesperia Rd.
Suite 1

No Class - Labor Day

9/4/17

*Diabetes Basics/
Healthy Eating*

9/7/17

2:00 PM

Healthy Eating

9/11/17

11:00 AM

Healthy Eating

9/14/17

2:00 PM

Medications

9/18/17

11:00 AM

Medications

9/21/17

2:00 PM

*Diabetes Basics/
Healthy Eating*

9/21/17

7:00 PM

Being Active

9/25/17

11:00 AM

Being Active

9/28/17

2:00 PM



COPD

Sept. 2017

VICTORVILLE

12424 Hesperia Rd. Suite 1

No Class - Labor Day

9/4/17



Cardiac Health

Sept. 2017

VICTORVILLE

12424 Hesperia Rd. Suite 1

Cardiac : Nutrition

9/18/17

2:00 PM

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



(442) 242-6719 • www.hvvmg.com



Diabetes

Oct. 2017

BIG BEAR LAKE

Big Bear Community Center
42002 Fox Farm Rd.

Medications/Being Active

10/30/17

10:00 AM

VICTORVILLE

12424 Hesperia Rd.
Suite 1

Problem Solving

10/2/17

11:00 AM

Healthy Coping

10/5/17

11:00 AM

Healthy Coping

10/9/17

2:00 PM

Monitoring

10/12/17

11:00 AM

Medications/Being Active

10/16/17

2:00 PM

Monitoring

10/16/17

11:00 AM

Reducing Risks

10/19/17

11:00 AM

Reducing Risks

10/23/17

2:00 PM

Problem Solving

10/26/17

11:00 AM

Diabetes Basics

10/30/17

2:00 PM



COPD

Oct. 2017

VICTORVILLE

12424 Hesperia Rd. Suite 1

COPD: Medications & Tests

10/2/17

2:00 PM



Cardiac Health

Oct. 2017

VICTORVILLE

12424 Hesperia Rd. Suite 1

Cardiac: Medications & Tests

10/16/17

2:00 PM

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