

Diabetes

November 2017

BIG BEAR LAKE

Big Bear Community Center
42002 Fox Farm Rd.

*Diabetes Basics/
Healthy Eating*

Wednesday 11/29

10:00 AM

VICTORVILLE

12424 Hesperia Rd.
Suite 1

Diabetes Basics

Monday 11/6

11:00 AM

*Diabetes Basics/
Healthy Eating*

Thursday 11/9

2:00 PM

Healthy Eating

Monday 11/13

11:00 AM

Healthy Eating

Thursday 11/16

2:00 PM

Medications

Monday 11/20

11:00 AM

*No Class -
Thanksgiving*

Thursday 11/23

Being Active

Monday 11/27

11:00 AM

Being Active

Thursday 11/30

2:00 PM

COPD

VICTORVILLE

12424 Hesperia Rd. Suite 1

COPD : Nutrition

Monday 11/6

2:00 PM

Cardiac Health

November 2017

VICTORVILLE

12424 Hesperia Rd. Suite 1

Cardiac : Nutrition

Monday 11/20

2:00 PM

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

(442) 242-6779 • www.hvvmg.com





Diabetes

December 2017

BIG BEAR LAKE

Big Bear Community Center
42002 Fox Farm Rd.

Medications/Being Active

Wednesday 12/27 10:00 AM

VICTORVILLE

12424 Hesperia Rd.
Suite 1

Problem Solving

Monday 12/4 11:00 AM

Healthy Coping

Thursday 12/7 2:00 PM

Healthy Coping

Monday 12/11 11:00 AM

Monitoring

Thursday 12/14 2:00 PM

Medications/Being Active

Monday 12/18 11:00 AM

Reducing Risks

Thursday 12/21 2:00 PM

No Class - Christmas

Monday 12/25

Problem Solving

Thursday 12/28 2:00 PM



COPD

December 2017

VICTORVILLE

12424 Hesperia Rd. Suite 1

COPD: Medications & Tests

Monday 12/4

2:00 PM



Cardiac Health

December 2017

VICTORVILLE

12424 Hesperia Rd. Suite 1

Cardiac: Medications & Tests

Monday 12/18

2:00 PM

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