




Health Education Department
661-951-3375
www.hdmg.net

September
2019

Registration is required

Schedule is subject to change

Educacion en Español*

Mon	Tue	Wed	Thu	Fri
	3	4 2:00 Bariatric Weight	5 5:30 Weight Management	6 10:00 Diabetes Self Management 2:00 Getting Ready for Joint Replacement
9 2:00 Weight Support	10 <u>10:00 Control de Peso 1*</u> 2:00 Diabetes Self Management 5:30 Baby & Me 1	11 10:00 Living Well with Arthritis 1 2:00 Healthy Heart	12 11:30 Weight Management 5:30 Weight follow up	13 10:00 Diabetes Healthy Eating 2:00 Getting Ready for Spine Surgery
16 10:00 Weight Support	17 <u>10:00 Control de Peso</u> 2:00 Diabetes Healthy Eating 5:30 Baby & Me 2	18 10:00 Living Well with Arthritis 2	19 10:00 Heart Failure 2:00 Getting Ready to Quit Smoking Cessation	20 10:00 Diabetes Self Management 2:00 Getting Ready for Joint Replacement
23 <u>10:00 Diabetes*</u>	24 <u>10:00 Control de Peso 2*</u> 5:30 Baby & Me 3	25 10:00 Weight follow up 2:00 Weight follow up	26 11:30 Weight follow up	27 2:00 Getting Ready for Spine Surgery 10:00 Diabetes Healthy Eating
30 <u>10:00 Nutricion de Diabetes*</u>	<div style="border: 2px solid blue; padding: 10px; display: inline-block;"> <p>September is Healthy Aging Month Get started on better health practices, ask us how.</p> </div>			