



Health Education Department

661-951-3375

hdmghealtheducation.net

March 2022



On-line Class Schedule

Registration is required

Schedule is subject to change

Mon	Tue	Wed	Thu	Fri
	1 2:00 Getting Ready for Surgery Joint Replacement	2	3 <u>10:00 Esenciales de la Diabetes</u>	4
7	8 2:00 Diabetes Basics	9 2:00 Getting Ready for Spine Surgery	10 2:00 Weight Management	11
14	15 10:00 Healthy Weight for <i>Life...</i> 2:00 Bariatric Program	16 <u>10:00 Peso Saludable de por <i>Vida...</i></u>	17 10:00 Getting Ready for Surgery Joint Replacement	18
21	22 10:00 Getting Ready for Spine Surgery 10:00 Healthy Heart	23 10:00 Diabetes Basics	24 1:00 Empowered Relief—Pain Management	25
28	29 10:00 Healthy Weight for <i>Life...</i> Serving Sizes / Labels	30 <u>10:00 Peso Saludable de por <i>Vida...</i></u> <u>Tamanos de Porciones</u> 2:00 Getting Ready for Joint Replacement	31 2:00 Healthy Weight for <i>Life...</i> Serving Sizes / Labels	