



JANUARY

FREE Health Education Classes!

Tuesday, 1/8	<i>New Year, New You!</i>	With 2018 behind us, let's talk about ways to live healthier, happier lives in 2019 and how to set new years resolutions that you can stick to!	11:00 am- 12:00 pm	Suite 13
Thursday, 1/10	<i>Preparing for Cold & Flu Season</i>	Cold & Flu season is in full swing but it's not too late to learn how to take care of your family and friends and how to prevent spreading those germs too!	11:00 am- 12:00 pm	Suite 13
Tuesday, 1/15	<i>All About the Thyroid</i>	January is Thyroid Awareness Month so let's discuss what this tiny but mighty gland does to keep you going every day.	11:00 am- 12:00 pm	Suite 13
Thursday, 1/17	<i>Staying Hydrated in the Winter</i>	We've talked about hydrating when it is hot outside; but, what about when temperatures are cold or cool? Come learn about some general guidelines to keep your thirst quenched!	11:00 am- 12:00 pm	Suite 13
Tuesday, 1/22	<i>Read that Label!</i>	Learning how to read a food label is not as complicated as you might think! Let us make it easy for you so you can maintain a healthy diet.	11:00 am- 12:00 pm	Suite 13
Thursday, 1/24	<i>Diabetes 101</i>	Are you a new diabetic, pre-diabetic, or in need of a refresher? We will cover the basics about type 2 diabetes, healthy eating, exercise, and goal planning.	11:00 am - 1:00 pm	Suite 13
Tuesday, 1/29	<i>What Was all that Blood for?</i>	You go to the lab and they draw lots of vials of blood. You think to yourself, wow, that's a lot of blood but what is it even for? Let's chat about that!	11:00 am- 12:00 pm	Suite 13
Thursday, 1/31	<i>Diet & Nutrition for Constipation</i>	A recent study showed that 16% of all Americans suffer from chronic constipation and it is the cause for millions of clinic visits and 700,000+ ER visits every year. So how do you prevent constipation and what foods will help?	11:00 am- 12:00 pm	Suite 13

**Classes are open to everyone.
No health insurance required!**

Heritage Location
12370 Hesperia Road, Suite 13, Victorville



(760) 261-5286
hvvmg.com/healthedschedule



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FEBRUARY

FREE Health Education Classes!

Tuesday, 2/5	The Heart Matters	Heart disease is the leading cause of death for US men and women. February is American Heart Month so take this opportunity to learn about heart disease and ways to prevent becoming one of the statistics!	11:00 am - 12:00 pm	Suite 13
Thursday, 2/7	Stretch & Go	Why is stretching so important and where do you even start? Join us at our on-site gym to get your day started right! Comfortable clothes recommended.	11:00 am - 12:00 pm	Suite 29
Tuesday, 2/12	Women & The Heart	What is different about women and heart disease? Why does it matter? Come take a look!	11:00 am - 12:00 pm	Suite 13
Thursday, 2/14	I Heart Art	It's Valentines Day so bring your sweetheart and your creative minds and hands for a little fun!	11:00 am - 12:00 pm	Suite 13
Tuesday, 2/19	What's a Good Substitute?	Interested in ways to reduce the salt, fat, sugar, etc. in your diet and meals? Come learn some tips and tricks to do so during this class!	11:00 am - 12:00 pm	Suite 13
Thursday, 2/21	Diabetes 101	Are you a new diabetic, pre-diabetic, or in need of a refresher? We will cover the basics about type 2 diabetes, healthy eating, exercise, and goal planning.	11:00 am - 1:00 pm	Suite 13
Tuesday, 2/26	Meal Prepping 101	You've heard the term "meal prep" but what does that mean and how do you do it? Join us at our beautiful Resort Kitchen as we get hands-on to create a healthy lifestyle!	11:00 am - 12:00 pm	The Resort
Thursday, 2/28	Why Vaccinate?	What does it mean to get vaccinated? Which vaccines should you get and how often? Are there any concerns with getting a vaccine? During this class we will review common vaccines as well as myths versus truths.	11:00 am - 12:00 pm	Suite 13

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Heritage Suites 13 & 29
12370 Hesperia Road, Victorville

The Resort Location
12424 Hesperia Rd., Suite 1, Victorville



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