



September 2015 Updates

SPOTLIGHT ON:

Breastfeeding Center

Our breastfeeding center is here to make breastfeeding a positive experience. Our consultants are available to provide free support to all breastfeeding mothers. No appointment needed.

Walk-in Hours:

- Mondays 11am - 1pm
- Tuesdays 10am - 12pm
- Thursdays 10am - 12pm

Stop on by! We are located inside the Health Education Center.

[Learn more](#)



Yesenia Gomez and Becky Martin
lactation support staff at Dignity Health

"Let me tell you IT WAS SO HELPFUL! My husband and I are so satisfied; of course our son is very satisfied! He eats a lot more and the tips they gave us at the center are still very useful. We fully recommend to anyone who wants to take on the journey of breastfeeding to go to the center for helpful tips and guidance."

-Yelp! Review of a BFC Visitor

Prepared Childbirth Classes

Physical and psychological preparation for childbirth

Childbirth education classes include anatomy and physiology of labor, breathing techniques, relaxation and pushing techniques, plus discussions regarding fetal monitoring and medications. For more information [click here](#).



Healthy Informed Parents

Parenting support for young parents (12-25 years)

Riverside & San Bernardino Counties Indian Health will provide parenting classes for young parents at the Health Education Center beginning September 14th, 2015. This program offers training in stress management techniques, positive parenting, and healthy communication skills. Check out the [family support items](#) given to completers of the 10 week program.



[Learn more!](#)

Diabetes Self-Management Program

Time to take control

On September 16th, we begin The Diabetes Self-Management (6-week) Program. These workshops will be given on Wednesdays for 2½ hours.

Topics include:

- Techniques to deal with the symptoms of diabetes, fatigue, pain, hyper/hypoglycemia, stress, and emotional problems
- Appropriate exercise for maintaining and improving strength and endurance
- Healthy eating
- Appropriate use of medication
- Working more effectively with health care providers

More details here. Register today!

[Check out the Health Education Center calendar of classes!](#)

