

Inland Empire Community Calendar 2016

Date of Event	Event Times	Event Name	Event Location	Contact Name & Phn #	Email/Website	Comments/Notes
1/1/2016	TBA	Care Pathways	Riverside County	Darlene Mekler 951-867-3800	Dmekler@co.riverside.ca.us	These free classes are held once a week for two hours, one hour of the is education andon hour is support group. The classes are for unpaid, family caregivers only. The classes are free and care can be provided for the care recipients. Registration is required, no walk ins. Classes are held in Mira Loma, Hemet, Murrieta, Indio, Cathedral City, Beaumont and Coachella.
1/13/2016	9am-2:30pm	Breastfeeding support program	San Bernardino	Ponneh Navab 909-388-5668	pnavab@dph.sbcounty.gov	The San Bernardino County Department of Public Health, in conjunction with 211, is hosting a Kick-Off event to introduce the new San Bernardino countywide breastfeeding support program: Baby's Optimal Nutrition with Ultimate Support (BONUS).
1/30/2016	8am	DisAbility Sports Festival	Palm Desert	Judy May 760-333-1529	judy@incight.org	
2/6/2016	8am-2pm	Give A Kids A Smile Day	Montclair	Alex Hernandez 951-787-9700	alexandra@tcds.org	Free Dental Cleanings and Dental Work. Children will receive education, preventive and restorative service to children with financial need. To be eligible, children must be in kindergarten through 12th grade.
2/6/2016	7:30am-2:30pm	Riverside County Child Care Consortium Southwest Regional - Heart for Health Conference	Menifee	Ronica Cervantes 951-778-5093	rcervantes@riversidechildcare.org	A conference for Early Childhood educators who will be educated on good nutrition and physical activity for a young child's growth and development. Participants will increase their awareness on the importance of healthy eating and will receive tips about developing personal and family exercise.
2/17/2016	9:00am-2:00pm	Free FLU Clinic: Borrego Health	Riverside	Melissa Jimenez 951-710-3970	mjimenez@borregomedical.org	Free Flu Clinic
2/20/2016	10:00am-5:00pm	Free FLU Clinic: City of Perris Health Fair: ADA	Perris	Sheila Mazdyasni	smazdyasni@diabetes.org	Free Flu Clinic
2/20/2016	8am-4pm	5th Annual LULAC of Riverside Community Health Fair	Riverside	Gilberto Esquivel	gilberto2939@yahoo.com	Free Event. The league of United Latin America Citizens Council of Riverside has two goals in mind while executing this event by providing free medical, dental and vision services to the local community. Another feature of the health fair/clinic, flu shots will be provided.
2/24/2016	1pm-5pm	Give A Kids A Smile Day	Loma Linda	909-558-4689		Free Dental Cleanings and Dental Work. Children will receive education, preventive and restorative service to children with financial need. To be eligible, children must be in kindergarten through 12th grade. Need to call and make appointment.
2/27/2016	8am-2pm	Give A Kids A Smile Day	San Bernardino	Alex Hernandez 951-787-9700	alexandra@tcds.org	Free Dental Cleanings and Dental Work. Children will receive education, preventive and restorative service to children with financial need. To be eligible, children must be in kindergarten through 12th grade.
3/1/2016	8am-9am	The Prevention of Childhood Lead Poisoning	Victorville	760-843-6076		Free Lecture. Dr. Jean Woo will speak on "Why Physicians Should Counsel on Lead and Screen for Lead Exposure". Medical Providers & Nursing Staff will earn 1.0 free CME / CEU.
3/2/2016	12:30pm-1pm	The Prevention of Childhood Lead Poisoning	Barstow	760-256-1761		Free Lecture. Dr. Jean Woo will speak on "Why Physicians Should Counsel on Lead and Screen for Lead Exposure". Medical Providers & Nursing Staff will earn 1.0 free CME / CEU.
3/3/2016	12:30pm-2pm	The Prevention of Childhood Lead Poisoning	Montclair	909-625-8157		Free Lecture. Dr. Jean Woo will speak on "Why Physicians Should Counsel on Lead and Screen for Lead Exposure". Medical Providers & Nursing Staff will earn 1.0 free CME / CEU.
3/9/2016	10am-1pm	Spring into Health Festival - Norco Community College	Norco	Monique Rodriguez 951-372-7046	monique.rodriguez@norcocollege.edu	The Norco College Student Health & Psychological Services is hosting the opportunity to highlight services that make a difference in the lives of students and the community. They would like to create a day to increase knowledge and awareness, as well as promote any and all local health, wellness, fitness and disability resources!

3/17/2016	8:30am-5pm	2016 Health Professions Conference	Riverside	Carol Allbaugh 909-982-8641 ext. 120	carol@we-reachout.org	This conference will provide more than 500 high school and middle school students in the Inland Southern California region to participate in a health professions conference featuring keynote speakers and breakout sessions.
3/19/2016	7:30am-2:00pm	Girl Talk IV	San Bernardino	Melina Massey 909-352-9344	ywefoundation@gmail.com	Free workshops for girls, ages 12 to 21.
3/22/2016	9am-1pm	Moreno Valley College Health Fair and Blood Drive 2016	Moreno Valley	Sue Tarcon 951-571-6103	guadalupe.gonzalez@mvc.edu	This is a community-wide event where health and fitness testing, health food samples, fitness demonstrations, and health related booths.
4/2/2016	9am-2pm	Healthy Family Day	Chino	Kimberly Mogg 909-334-3476	kmogg@cityofchino.org	The City of Chino and Chino Valley YMCA are hosting a Healthy Family Day. There will be Health, kids' activity stations, fitness demonstrations, bicycle safety information, Health, Fitness and Nutrition Information.
4/2/2016	10:00am-2:00pm	5th Annual Health & Wellness Resource Fair	Victorville	CaSandra Donley 760-780-4516	cdonley@victor.org	Free Event. The goal of the event is to promote health and wellness in the High Desert.
4/23/2016	10am-2pm	2016 Health and Wellness Fair	Perris	Monica Martinez 951-943-6100 ext. 281	mmartinez@cityofperris.org	Free. Basic health screening services, community resources and to inspire healthier lifestyles.
4/23/2016	10am-1pm	RC Health, Wellness and Resource Fair	Rancho Cucamonga	Tami Bell 909-987-8942 ext. 8242	tbell@cuca.k12.ca.us	Free. Health, Wellness and Resource Fair for the local community.