



Your January 2016 Updates!

Coming Up in January 2016

Choose to Lose: Weight Loss 101

Healthier Living with a Chronic Condition

Taking Care of Yourself (Spanish)

Calendar of Events

Spotlight: 5K for Humankindness!

HEC PRESENTS: ASTHMA 101 SPECIAL PRESENTATION



Join us on January 21st, 2015! American Lung Association will be presenting Asthma 101 in English and Spanish. [Details here](#)

SPOTLIGHT ON:

5k run/walk for humankindness

Kick off the new year right! Join us in this fun run/walk. It is open to everyone!



Choose to Lose: Weight Loss 101

Time to accomplish that New Year's resolution!

Taking care of your heart can be easy! Join us for this fun workshop.

Topics include:

- Reading a Food Label
- Cholesterol and Blood Pressure Management
- Heart Health Self-Management



Classes are available in English and Spanish. [Learn more!](#)

Healthy Living with a Chronic Condition

6 week self-management program

On January 13th, we begin The Healthy Living with A Chronic Condition (6-week) Program. These workshops will be given on Wednesdays for 2½ hours.

Topics include:

- Healthy eating
- Problem-solving for positive



Families are encouraged to participate together in the Inaugural Dignity Health Humankindness 5k & 1 Mile Kid's Fun Run. [Join The Fun!](#)

Date: Saturday, January 23, 2016

Location: The San Manuel 66ers Stadium in the heart of downtown San Bernardino (280 S E St, San Bernardino, CA 92401).

Registration: begins at 7:30am

Race Time: 9am

Details: Registration will open at 7:30am with the 5K run/walk starting at 9:00am. The 1 Mile Kid's Fun Run will take place at 10:00am inside the 66ers Stadium around the warning track. Festivities after the walk/ run will include vendor booths and awards.

For More [Info](#)



changes

- Relaxation techniques
- Improving communication with physicians, family, and friends
- Medication "how to's"

For more information [click here](#).

Taking Care of Yourself (in Spanish)

Cuidarse a si Mismo: Métodos Poderosos para el que cuida al Enfermo

Inland Caregivers Resource Center (ICRC) will be hosting a Self-Care 6 week program in Spanish. Taking Care Of Yourself: Powerful Methods For Adult Caregivers.



Cuidarse a si Mismo: Métodos Poderosos para el que cuida al Enfermo

Dates: Tuesdays Jan. 5th-Feb. 9th, 2016

Time: 2pm-4:30pm

Pre-registration is required.
Call ICRC at (800) 675-6694

Calendar

HEC's classes, presentations and services

Please click [here](#) to take a look at all of our upcoming events!

