



SAN ANTONIO REGIONAL HOSPITAL

Generations Ahead



GENERATIONS AHEAD 2026

A Positive-Aging Program

- | | |
|---|---|
| May 14 th : Bone Health in Motion | September 10 th : Suicide Prevention |
| June 11 th : Aging in Place | October 8 th : Breast Cancer |
| July 9 th : Asthma Awareness | November 12 th : Diabetes |
| August 13 th : Stop the Bleed & CPR Training | December 10 th : Wellness Fair |



**Anthony Munoz
Community Center:**
1240 W 4th St,
Ontario, 91762

12pm-1pm

**Light refreshments
provided.**

TO REGISTER:

 <https://sarh.link/GAEvent>  (909) 920-6153  Scan Here:

