

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15 Great American Smoke-Out	16	17 International Survivors of Suicide Loss Day
18	19	20	21	22 SmartCare closed for Thanksgiving holiday	22 SmartCare closed for Thanksgiving holiday	23
24	25	26	27	28	29	30

CAMPO & ALPINE COMMUNITY EVENTS

Tuesday

Relax—Anxiety Intev.

11am at 1388 Buckman Springs Rd.
Sebastian Shields - (619) 818-5303

Wellness and Food

12:00am at 29765 Oak Dr, Campo,
Serina Griffin - (619) 876-3964

Thursdays

Overcoming Depression

1pm at 1388 Buckman Springs Rd.
Sebastian Shields - (619) 818-5303

For more events in your community visit:
www.sdcl.org

Follow us on:
vistahillsmartcare.org
facebook.com/vistahillsmartcare
instagram.com/vistahillsmartcare

En colaboración con:
Mountain Empire Family Medicine
Alpine Family Medicine



**MOUNTAIN
HEALTH**
CARES

This Months Wellness Themes:

Great American Smoke-Out
International Survivors of Suicide Loss Day
GERD Awareness Month
Diabetes Awareness Month

Alzheimer's Awareness Month
Family Caregivers Awareness Month
National Family Health History month

DOMINGO	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15 El Gran Día De No Fumar	16	17 Día Intl. de Sobrevivientes de Suicida
18	19	20	21	22 SmartCare cerrado para observar el Día de Acción de Gracias	23 SmartCare cerrado para observar el Día de Acción de Gracias	24
25	26	27	28	29	30	

Martes

Relax—Anxiety Intev.
11am at 1388 Buckman Springs Rd.
Sebastian Shields - (619) 818-5303

Wellness and Food
12:00am at 29765 Oak Dr, Campo,
CA 91906
Serina Griffin - (619) 876-3964

JUEVES

Overcoming Depression
1pm at 1388 Buckman Springs Rd.
Sebastian Shields - (619) 818-5303

**Eventos de SmartCare siempre son Gratuitos*

Visite los siguiente sitios para ver mas eventos en su comunidad :
www.sdcl.org
www.ramonaseniorcenter.com

En colaboración con:
Mountain Empire Family Medicine
Alpine Family Medicine



Mes de concientización de:

El Gran Día De No Fumar
Día Intl. de Sobrevivientes de Suicida
Mes de Concientización sobre el Diabetes
Mes de la Enfermedad del Reflujo Gastroesofágico (GERD)

Mes Mundial del Alzheimer
Mes de los Cuidadores Familiares
Mes del Historial de Salud Familiar

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