



# January 2019



## JULIAN COMMUNITY EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16 8 AM Women's Group Julian Pathways	17	18	19
20	21	22	23 8AM Women's Group Julian Pathways	24	25	26
27	28	29	30 10 AM Feeding SD at Julian Library	31		

Wednesdays  
**Womens' Group at Pathways**  
 8 am to 10 am  
 Julian Elementary School  
 Joanna Yanez (760) 803-1336

For more events in your community visit:  
[www.sdcl.org](http://www.sdcl.org)

In collaboration with:  
 Julian Medical Clinic  
 2721 Washington St  
 Julian, Ca 92036



### This Months Wellness Themes:

National Co-dependency Awareness Month  
 Cervical Health Awareness Month  
 National Drugs and Alcohol Facts Week 1/22-1/27)

Women's Empowerment Awareness  
 Healthy Weight Week (1/20-1/26)

Follow us on:  
[vistahillsmartcare.org](http://vistahillsmartcare.org)  
[facebook.com/vistahillsmartcare](https://facebook.com/vistahillsmartcare)  
[instagram.com/vistahillsmartcare](https://instagram.com/vistahillsmartcare)

DOM	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO
		1 CERRADO Happy New Year!!	2	3	4	5
6	7	8	9 8am Grupo Femenil en Pathways 10 am FEEDING SD Julian Library	10	11	12
13	14	15	16 8am Grupo Femenil en Pathways	17	18	19
20	21 CERRADO Martin Luther King	22	23 8am Grupo Femenil en Pathways 10 am FEEDING SD Julian Library	24	25	26
27	28	29	30 8am Grupo Femenil en Pathways	31		

## EVENTOS COMUNITARIOS EN JULIÁN

### Miercoles

**Empoderamiento Femenil**  
8 am—10 am en Pathways  
1704 Cape Horn  
Joanna Yanez (760)803-1336

*\*Eventos de SmartCare siempre son gratuitos*

Visite los siguiente sitios para ver mas eventos en su comunidad :  
[www.sdcl.org](http://www.sdcl.org)  
[www.ramonaseniorcenter.com](http://www.ramonaseniorcenter.com)

En colaboración con:  
Julian Medical Clinic  
2721 Washington St  
Julian, Ca 92036



### Mes de concientización de:

La Codependencia  
Cáncer de Cuello Uterino (Cervical)  
Datos sobre Drogas y Alcohol (1/22-1/27)

El Fortalecimiento de la Mujer  
El Peso Saludable (1/20-1/26)

Siganos en:  
[vistahillsmartcare.org](http://vistahillsmartcare.org)  
[facebook.com/vistahillsmartcare](https://facebook.com/vistahillsmartcare)  
[instagram.com/vistahillsmartcare](https://instagram.com/vistahillsmartcare)