



# February 2019



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Wear Red	2
3	4	5 12-2pm Lake Morena Community church Bred shed	6	7	8  Smart Girls 4pm-5pm	9 Wear Orange
10	11 12pm Feeding San Diego at Mountain Health community center	12 12-2pm Lake Morena Community church Bred shed	13 12pm Salvation Army Food Distrabution Lake morena commu- nity church	14 Valentines Day	15  Smart Girls 4pm-5pm	16
17 Random Acts of Kindness Day	18 <b>SmartCare Closed Presidents Day</b>	19 12-2pm Lake Morena Community church Bred shed	20	21	22  Smart Girls 4pm-5pm	23
24	25 12pm Feeding San Diego at Mountain Health community center	26 12-2pm Lake Morena Community church Bred shed	27	28		

## CAMPO COMMUNITY EVENTS

Friday

**Smart Girls**

**Girls self esteem group**

4:00 pm at Mountain health clinic  
1388 Buckman Springs Rd. campo  
91906  
Sirena Griffin (619)876-3964

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

Follow us on:  
[vistahillsmartcare.org](http://vistahillsmartcare.org)  
[facebook.com/vistahillsmartcare](https://facebook.com/vistahillsmartcare)  
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En colaboración con:  
Mountain Empire Family Medicine  
31115 CA-94 Campo, Ca 91906

### This Months Wellness Themes:

**Teen Dating Violence Awareness-wear orange 2/9**

**Children's Dental Awareness**

**American Heart Health Month– Wear Red 2/1**

**National eating Disorder Week 2/25/19-3/3/19**



**MOUNTAIN  
HEALTH**  
**CARES**



# Febrero 2019



DOMINGO	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SABADO
					1 Vista de Rojo	2
3	4	5 12-2pm Lake Morena Community church Almuerzo y Distribución de comida	6	7	8 Chicas Listas 4pm-5pm	9 Vista anaranjado
10	11 12pm Feeding San Diego at Mountain Health community center Distribución de comida	12 12-2pm Lake Morena Community church Almuerzo y Distribución de comida	13 12pm Salvation Army Distribución de comida Lake morena community church	14 Día de San Valentín	15 Chicas Listas 4pm-5pm	16
17 Día de Actos de Bondad Espontáneos	18 SmartCare Cerrado por Día de los presidentes EE.UU.	19 12-2pm Lake Morena Community church Almuerzo y Distribución de comida	20	21	22 Chicas Listas 4pm-5pm	23
24	25 12pm Feeding San Diego at Mountain Health community center Distribución de comida	26 12-2pm Lake Morena Community church Almuerzo y Distribución de comida	27	28		

## EVENTOS COMUNITARIOS EN CAMPO

**Chicas Listas**  
*Grupo de Auto-Estima*  
 4:00 pm en la clínica de Campo, Mountain Health  
 1388 Buckman Springs Rd.  
 Sirena Griffin  
 (619) 876-3964

*\*Eventos de SmartCare siempre son Gratuitos*

En colaboración con:  
 Mountain Empire Family Medicine  
 31115 CA-94 Campo,



**MOUNTAIN HEALTH**  
**CARES**

**Mes de concientización de:**  
**la Violencia entre Parejas Adolescentes**  
**la Salud Dental Infantil**  
**la Salud del Corazon**

**Semana de concientización de:**  
**los Trastornos Alimenticios (25/2/2019-03/03/2019)**

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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)