



March 2019

CAMPO COMMUNITY EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Smart Girls 4pm-5pm	2
3	4	5 12-2pm Lake Morena Community church	6	7	8 Smart Girls 4pm-5pm	9
10 Daylight Savings -Spring forward	11 12pm Feeding San Diego at Mountain Health com- munity center	12 12-2pm Lake Morena Community church	13 12pm Salvation Army Food Distrabution Lake morena community church	14	15 Smart Girls 4pm-5pm	16
17	18	19 12-2pm Lake Morena Community church	20 National Native HIV/AIDS Awareness Day	21 World Down Syndrome Day -wear funky socks to show support.	22 Smart Girls 4pm-5pm	23
24 31	25 12pm Feeding San Diego at Mountain Health com- munity center	26 12-2pm Lake Morena Community church Bred shed	27	28	29 Smart Girls 4pm-5pm	30

Friday
Smart Girls
Girls self esteem group
04:00 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

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

In collaboration with:
Mountain Empire Family
Medicine
31115 CA-94 Campo, Ca

This Months National Awareness Themes:

Nutrition Awareness Month
Sleep Awareness Month
Brain Injury Awareness
Adolescent Self injury Awareness

National Awareness Week Themes:

National Poison Prevention Week 3/17 - 3/23
Patient Safety Awareness Week 3/10 - 3/16

Spring Break 3/25-3/29
for Ramona Unified School District



DOMINGO	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO
					1 Ninas Inteligentes 4pm-5pm	2
3	4	5 12-2pm Lake Morena Community church Almuerzo y Distribucion de comida	6	7	8 Ninas Inteligentes 4pm-5pm	9
10 Comienza horario de verano -adelante el reloj	11 12pm Feeding San Diego at Mountain Health com- munity center Distribu- cion de comida	12 1 2-2pm Lake Morena Community church Almuerzo y Distribucion de comida	13 12pm Salvation Army Distribucion de comida Lake morena community church	14	15 Ninas Inteligentes 4pm-5pm	16
17	18	19 12-2pm Lake Morena Community church Almuerzo y Distribucion de comida	20 Día nacional de la cientización de el VIH/Sida entre la comunidad nativo americana	21 Día Mundial del Síndro- me de Down -vista calcetines funky para mostrar apoyo.	22 Ninas Inteligentes 4pm-5pm	23
24 31	25 12pm Feeding San Diego at Mountain Health com- munity center Distribu-	26 12-2pm Lake Morena Community church Almuerzo y Distribucion de comida	27 12pm Salvation Army Distribucion de comida Lake morena community church	28	29 Ninas Inteligentes 4pm-5pm	30

Mes de concientización sobre:

La Nutrición
Lesiones Cerebrales
Lesiones Auto-Infligidas en los Adolescentes
Buenos hábitos de Dormir

Semana de concientización sobre:

La Prevención de Envenenamiento 17/3 - 23/3
La Seguridad del Paciente 10/3 - 16/3

Vacaciones de Primavera en el Distrito Escolar de
Ramona 25/3 - 29/3

EVENTOS COMUNITARIOS EN CAMPO

Ninas Inteligentes

04:00 pm at Mountain health clini-
ca
1388 Buckman Springs Rd. campo
91906
Sirena Griffin (619)876-3964

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

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



MOUNTAIN
HEALTH
CARES

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