



April 2019



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--|--|---|----------|------------------------------|----------|
| | 1 | 2 12-2pm Lake Morena | 3 | 4 | 5 Smart Girls 4pm-5pm | 6 |
| 7 | 8 12pm Feeding San Diego at Mountain Health com- munity center | 9 12-2pm Lake Morena Community church | 10 12pm Salvation Army Food Distrabution Lake morena community church | 11 | 12 Smart Girls 4pm-5pm | 13 |
| 14 | 15 | 16 12-2pm Lake Morena | 17 | 18 | 19 Smart Girls 4pm-5pm | 20 |
| 21 | 22 12pm Feeding San Diego at Mountain Health com- munity center | 23 12-2pm Lake Morena Community church | 24 | 25 | 26 Smart Girls 4pm-5pm | 27 |
| 28 | 29 | 30 12-2pm Lake Morena Community church | | | | |

CAMPO COMMUNITY EVENTS

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

En colaboración con:
 Mountain Empire Family Medicine
 31115 CA-94 Campo, Ca 91906

This Months Wellness Themes:

- National Alcohol Awareness Month
- National Stress Awareness Month
- National Child Abuse Prevention Month
- National Sexual Assault Awareness Month
- National Autism Awareness Month
- National Alcohol Screen Day 4/11/2019





Abril 2019



| DOMINGO | LUNES | MARTES | MIERCOLES | JUEVES | VIERNES | SABADO |
|---------|---|--|--|--------|-------------------------------|--------|
| | 1 | 2 12-2pm Lake Morena Community church Almuerzo y Distribucion de comida | 3 | 4 | 5 Ninas Listas 4pm-5pm | 6 |
| 7 | 8 12pm Feeding San Diego at Mountain Health community center Distribucion de comida | 9 2-2pm Lake Morena Community church Almuerzo y Distribucion de comida | 10 12pm Salvation Army Distribucion de comida Lake morena community church | 11 | 12 Ninas Listas 4pm-5pm | 13 |
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EVENTOS COMUNITARIOS EN CAMPO

Mondays
Event Name
 00:00am at LOCATION
 626 E Street
 Staff Name (760) 000-0000

**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
 31115 CA-94 Campo,



MOUNTAIN HEALTH
CARES

Campañas de concientización:

- Mes Nacional de Concientización sobre el Alcohol
- Mes Nacional de Concientización sobre el Estrés
- Mes Nacional de Prevención del Abuso Infantil
- Mes Nacional de Concientización sobre la Agresión Sexual
- Mes Nacional de Concientización sobre el Autismo

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