



June 2019



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 <u>Cancer Survivor Awareness Day</u>
2	3	4 12-2pm Lake Morena Community church	5	6	7	8
9	10 12pm Feeding San Diego at Mountain Health community	11 12-2pm Lake Morena Community church	12 12pm Salvation Army Food Distribution	13	14	15
16	17	18 12-2pm Lake Morena Community church	19 <u>World Sickle Cell Day</u>	20	21	22
23 30	24 12pm Feeding San Diego at Mountain Health community	25 12-2pm Lake Morena Community church	26	27 PTSD Awareness Day	28	29

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

Follow us on:
vistahillsmartcare.org
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En colaboración con:
Mountain Empire Family Medicine
31115 CA-94 Campo, Ca 91906

This Months Wellness Themes:

National Cancer Survivor Awareness Month
National Safety Awareness Month
Deaf-Blind Awareness Week 6/24-6/30

National Migraine and Headache Awareness Month
National Men's Health Awareness Month
PTSD Awareness Month



DOMINGO	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SABADO
						1 <u>Día Nacional del Sobreviviente del Cáncer</u>
2	3	4 2-2pm Lake Morena Community church Almuerzo y Distribucion de comida	5	6	7	8
9	10 12pm Feeding San Diego at Mountain Health community	11 2-2pm Lake Morena Community church Almuerzo y Distribucion de comida	12 12pm Salvation Army Food Distrabution Lake morena community church	13	14	15
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23 30	24 12pm Feeding San Diego at Mountain Health community	25 2-2pm Lake Morena Community church Almuerzo y Distribucion de comida	26	27	28	29

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,



Mes de concientización sobre:

Sobrevivientes del Cáncer
 migrañas y dolores de cabeza
 El trastorno de estrés postraumático

la Seguridad
 La salud de los hombres

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