



May 2019



CAMPO COMMUNITY EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7 12-2pm Lake Morena Community church	8	9	10	11
12	13 12pm Feeding San Diego at Mountain Health community	14 12-2pm Lake Morena Community church	15 12pm Salvation Army Food Distrabution	16	17	18
19	20	21 12-2pm Lake Morena Community church	22	23	24	25
26	27 12pm Feeding San Diego at Mountain Health community	28 12-2pm Lake Morena Community church	29	30	31	

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:

Mental Health Awareness Month
 Motorcycle Safety Awareness Month
 High Blood Pressure Education Month
 National Women's Health Week 5/12-5/18

Lupus Awareness Month
 Older Americans Month
 National Physical Fitness and Sports.





Mayo 2019



DOMINGO	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO
			1	2	3	4
5	6	7 2-2pm Lake Morena Community church Almuerzo y Distribucion de comida	8	9	10	11
12	13 12pm Feeding San Diego at Mountain Health community	14 2-2pm Lake Morena Community church Almuerzo y Distribu-	15 12pm Salvation Army Food Distrabution Lake morena commu-	16	17	18
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EVENTOS COMUNITARIOS EN CAMPO

**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:
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 31115 CA-94 Campo,



MOUNTAIN HEALTH
CARES

Mes de concientización sobre:

Mes de Concientización de la Salud Mental
Mes de concientización sobre seguridad de la motocicleta
Mes de educación sobre la presión arterial alta
Semana Nacional de la Salud de la Mujer 5/12-5/18

Mes de concientización sobre el lupus
Mes de los Americanos Mayores
National Physical Fitness and Sports

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