



May 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8 8 am Women's Group at Pathways 9:30 Feeding San Diego at Library	9	10 8:30 am POUND Fitness at Pathways	11
12	13	14	15 8 am Women's Group at Pathways	16 HEALTH FAIR At Pathways 4:30 to 5:30 pm	17	18
19	20	21	22 8 am Women's Group at Pathways 9:30 Feeding San Diego at Library	23	24	25
26	27 SmartCare Closed for Memorial Day	28	29	30	31	

JULIAN COMMUNITY EVENTS

Wednesdays
Women's Group
8 am at Pathways
Julian Elementary
Joanna Yanez (760) 803-1336

**SmartCare events are always free!*

In collaboration with:
Julian Medical Clinic
2721 Washington St
Julian, Ca 92036



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

Follow us on:
vistahillsmartcare.org
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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	8 8 am Grupo de la Mujer en Pathways 9:30 am Feeding San Diego en la Biblioteca	9	10 8:30 am POUND Fitness en Pathways	11
12	13	14	15 8 am Gupo de la Mujer en Pathways	16 FERIA DE LA SALUD en Pathways	17	18
19	20	21	22 8 am Grupo de la Mujer en Pathways 9:30 am Feeding San Diego en la Biblioteca	23	24	25
26	27 SmartCare Cerrado	28	29	30	31	

EVENTOS COMUNITARIOS EN JULIÁN

Miercoles

Grupo de la Mujer

8 am en Pathways

Julian Elementary

Joanna Yanez (760) 803-1336

**Eventos de SmartCare siempre son gratuitos*

En colaboración con:
Julian Medical Clinic
2721 Washington St
Julian, Ca 92036



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

Visite los siguiente sitios para ver mas eventos en su comunidad :

www.sdcl.org
www.ramonaseniorcenter.com

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