



October 2019

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 12-2pm Lake Morena Community church bread shed and Lunch	2 World Cerebral Palsy Day	3	4	5
6	7 Lake Morena walk for wellness 12pm Feeding San Diego at Mountain Health community center	8 12-2pm Lake Morena Community church bread shed and Lunch	9	10 Check Your Mood	11	12
13 Metastatic Breast Cancer Awareness	14 Lake Morena walk for wellness 12pm Feeding San Diego at Mountain Health community center	15 Pregnancy and Infant Loss Remembrance 12-2pm Lake Morena Community church	16 12pm Salvation Army Food Distrabution. Lake morena community church.	17	18	19
20 World Osteoporosis Day	21 Lake Morena walk for wellness	22	23	24	25	26
27	28 Lake Morena walk for wellness 12pm Feeding San Diego at Mountain Health community center	29 12-2pm Lake Morena Community church bread shed and Lunch	30 Lung Health Day	31		

CAMPO/ALPINE COMMUNITY EVENTS

Monday

Lake Morena walk for wellness
 9am Lake Morena community Park
 2550 Lake Morena Dr.
 Sirena Griffin (619)876-3964
 April San Roman (619) 818-5303

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

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

Phone: (619) 478-5311
 1620 Alpine Blvd #110
 Alpine, CA 91901
 (619) 445-6200

This Months Wellness Themes:

- Breast Cancer Awareness
- Down Syndrome Awareness
- Healthy Lung Month
- Liver Awareness
- National Orthodontic Health

- National Spina Bifida Awareness
- Rett Syndrome Awareness
- SIDS Awareness



MOUNTAIN HEALTH
CARES



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DOMINGO	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO
		1 2-2pm Lake Morena Community church Almuerzo y Distribucion de comida	2 Dia mundial de la paralisis cerebral	3	4	5
6	7	8 2-2pm Lake Morena Community church Almuerzo y Distribucion de comida	9	10 SanMente Comprobar su dia de estado de animo	11	12
13 Conciencia de cáncer de mama metastasico	14 12pm Feeding San Diego at Mountain Health community	15 Embarazo y Recuerdo de perdida infantil 2-2pm Lake Morena Community church Almuerzo y Distribucion	16 12pm Salvation Army Food Distrabution Lake morena community church	17	18	19
20 Dia mundia de las osteoporosis	21	22 2-2pm Lake Morena Community church Almuerzo y Distribucion de comida	23	24	25	26
27	28 12pm Feeding San Diego at Mountain Health community	29 2-2pm Lake Morena Community church Almuerzo y Distribucion de comida	30 Dia de salud pulmonar	31		

EVENTOS COMUNITARIOS EN CAMPO Y ALPINE

Mondays

Lake Morena caminar por el bienestar
 9am Lake morena community Park
 2550 Lake morena Dr.
 Sirena Griffin (619)876-3964
 April San Roman (619) 818-5303

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MOUNTAIN HEALTH
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Mes de concientización sobre:

Concienciacion sobre el Cncer de mama
 Concienciancion Nacional de la Espina Bifida
 Conciencia del Síndrome de Downs
 Conciencia del Síndrome de Rett
 Salud de Ortodoncia nacional

Mes del Plumon saludable
 Conciencia de muerto subita del lactante
 (muerte subita de cuna)
 Conciencia del higado