

October 2019

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2 World Cerebral Palsy Day 12:15pm to 1:15pm Healthy Brain Healthy	3	4	5
6	7	8	9 9am Feeding America at Julian Library	10 Check Your Mood	11	12
13 Metastatic Breast Cancer Awareness	14	15 Pregnancy and Infant Loss Remembrance	16 12:15pm to 1:15pm Healthy Brain Healthy Life	17	18	19
20 World Osteoporosis Day	21	22	23 9am Feeding America at Julian Library	24	25	26
27	28	29	30 Lung Health Day	31		

JULIAN COMMUNITY EVENTS

First and Third WEDNESDAY

Healthy Brain Healthy Life

12:15pm to 1:15pm

Julian Library

Christy Findiesen

(760) 504-1407

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

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

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



DOMINGO	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO
		1	2 Dia mundial de la paralisis cerebra 12:15 - 1:15pm Men- te Sana Vida Sana	3	4	5
6	7	8	9 9am Feeding America at Julian Library	10 SanMente Comprobar su dia de estado de animo	11	12
13 Conciencia de cáncer de mama metastasio	14	15 Embarazo y Recuerdo de perdida infantil	16 12:15 - 1:15pm Men- te Sana Vida Sana	17	18	19
20 Dia mundia de las osteoporosis	21	22	23 9am Feeding America at Julian Library	24	25	26
27	28	29	30 Dia de salud pulmonar	31		

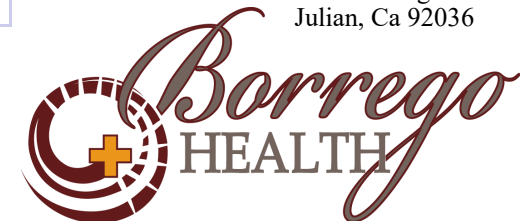
EVENTOS COMUNITARIOS EN JULIÁN

Primer y Tercer Miercoles
Mente Sana Vida Sana
 12:15pm-1:15pm
 Julian Library
 Christy Findiesen (760) 504-
 1407

**Eventos de SmartCare siempre*

Visite los siguiente sitios para ver mas
 eventos en su comunidad :
www.sdcl.org

En colaboración con:
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 2721 Washington St
 Julian, Ca 92036



Mes de concientización sobre:

Concienciacion sobre el Cncer de mama
 Concienciacion 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 muerte subita del lactante
 (muerte subita de cuna)
 Conciencia del higado