

August 2020

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| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|---|---|-----------|----------|--------|---|
| | | | | | | 1 |
| 2 | 3 Lake Morena community Church free lunch pick up 11:30 | 4 Lake Morena community Church free lunch pick up 11:30 | 5 | 6 | 7 | 8 |
| 9 | 10 Lake Morena community Church free lunch pick up 11:30 12pm Feeding San Diego at Mountain Health community center | 11 Lake Morena community Church free lunch pick up 11:30 | 12 | 13 | 14 | 15 Community clean up event Boulevard |
| 16 | 17 Lake Morena community Church free lunch pick up 11:30 | 18 Lake Morena community Church free lunch pick up 11:30 | 19 | 20 | 21 | 22 |
| 23 | 24 Lake Morena community Church free lunch pick up 11:30 12pm Feeding San Diego at Mountain Health community center | 25 Lake Morena community Church free lunch pick up 11:30 | 26 | 27 | 28 | 29 |
| 30 | 31 Lake Morena community Church free lunch pick up 11:30 | | | | | |

CAMPO COMMUNITY EVENTS

Saturday

Community clean-up 8/15

Back country resource center

39919 Ribbonwood RD.

8am until dumpster is full

For details call

619-202-4027

Email: realeastcountyfsc@yahoo.com

Email: campolakemorenafsc@yahoo.com

**all SmartCare events are free of cost*

For more events in your community visit:

WWW.SDCL.ORG

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

This Months Wellness Themes:

Children's Eye Health and Safety Month
 National Immunization Awareness Month
 National Breast Feeding Awareness Month
 Opioid Misuse Prevention day



**SAN YSIDRO
HEALTH**

Agosto 2020

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| DOMINGO | LUNES | MARTES | MIERCOLES | JUEVES | VIERNES | SABADO |
|---------|--|---|-----------|--------|---------|--------------------------------------|
| | | | | | | 1 |
| 2 | 3 Lake Morena community Church lonche gratis para recoger 11:30 | 4 Lake Morena community Church lonche gratis para recoger 11:30 | 5 | 6 | 7 | 8 |
| 9 | 10 Lake Morena community Church lonche gratis para recoger 11:30 12pm Feeding San Diego at Mountain Health community | 11 Lake Morena community Church lonche gratis para recoger 11:30 | 12 | 13 | 14 | 15 Limpieza comunitaria Boulevard |
| 16 | 17 Lake Morena community Church lonche gratis para recoger 11:30 | 18 Lake Morena community Church lonche gratis para recoger 11:30 | 19 | 20 | 21 | 22 |
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| 30 | 31 Lake Morena community Church lonche gratis para recoger 11:30 | | | | | |

EVENTOS COMUNITARIOS EN CAMPO

Sabado 8/15

Limpieza Comunitaria
 Back country resource center
 39919 Ribbonwood RD.
 8am until dumpster is full
 For details call
 619-202-4027

Email: realeastcountyfsc@yahoo.com
 Email: campolakemorenafsc@yahoo.com

Visite los siguiente sitios para ver mas eventos en su comunidad :
WWW.SDCL.ORG

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 31115 CA-94 Campo, CA 91906



SAN YSIDRO HEALTH

Temas De Bienestar:

- Mes de salud Ocular de los menores
- Mes nacional de Inmunización
- Mes Nacional de Lactancia Materna
- Día de Prevención del Abuso de Opioides- 30/8/2020