

# September 2020

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2 <b>Mobile Pantry Alpine</b> 9-10AM <b>Santee Food Bank</b> 8-11Am	3 <b>Mobile Pantry Descanso</b> 9-10 AM	4 <b>Santee Food Bank</b> 8-11Am	5 <b>Bethlehem Food Pantry</b> 9-11AM <b>Santee Food Bank</b> 8-11Am
6	7	8	9 <b>Santee Food Bank</b> 8-11Am	10	11 <b>Santee Food Bank</b> 8-11Am	12 <b>Bethlehem Food Pantry</b> 9-11AM <b>Santee Food Bank</b> 8-11Am
13	14	15	16 <b>Mobile Pantry Alpine</b> 9-10AM <b>Santee Food</b>	17 <b>Mobile Pantry Descanso</b> 9-10 AM	18 <b>Santee Food Bank</b> 8-11Am	19 <b>Bethlehem Food Pantry</b> 9-11AM <b>Santee Food Bank</b>
20	21	22	23 <b>Santee Food Bank</b> 8-11Am	24	25 <b>Santee Food Bank</b> 8-11Am	26 <b>Bethlehem Food Pantry</b> 9-11AM <b>Santee Food Bank</b> 8-11Am
27	28	29	30 <b>Santee Food Bank</b> 8-11Am			

## ALPINE COMMUNITY EVENTS

**Mobile Pantry Alpine**  
 1912 Arnold Way  
 Alpine, CA 91901  
 1st and 3rd Wednesday: 9:00 - 10:00 AM

**Mobile Pantry Descanso**  
 Descanso Branch Library, 9545 River Dr.  
 Descanso, CA 91916  
 1st and 3rd Thursday: 9:00 - 10:00 AM

**Bethlehem Food Pantry**  
 737 Grant Avenue  
 El Cajon, CA 92029  
 Saturday: 9:00 - 11:00 AM

**Santee Food Bank**  
 9715 Halberns Blvd

For more events in your community visit:  
[WWW.SDCL.ORG](http://WWW.SDCL.ORG)

In collaboration with San Ysidro Health's  
 Alpine Family Medicine  
 1620 Alpine Blvd #111, CA 91901

### This Months Wellness Themes:

**National Suicide Prevention Month**  
**World Suicide Prevention Day**

**Childhood Obesity Awareness Month**  
**Healthy Aging Month**



**SAN YSIDRO HEALTH**

# Septiembre 2020



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DOMINGO	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
		1	2 Despensa de Comida Móvil Alpine 9-10AM Santee Despensa de Comida	3 Despensa de Comida Móvil Descanso 9-10 AM	4 Santee Despensa de Comida 8-11Am	5 Bethlehem Despensa de Comida 9-11AM Santee Despensa de Comida
6	7	8	9 Santee Despensa de Comida 8-11Am	10	11 Santee Despensa de Comida 8-11Am	12 Bethlehem Despensa de Comida 9-11AM Santee Despensa de Comida
13	14	15	16 Despensa de Comida Móvil Alpine 9-10AM Santee Despensa de Comida 8-11Am	17 Despensa de Comida Móvil Descanso 9-10 AM	18 Santee Despensa de Comida 8-11Am	19 Bethlehem Despensa de Comida 9-11AM Santee Despensa de Comida
20	21	22	23 Santee Despensa de Comida 8-11Am	24	25 Santee Despensa de Comida 8-11Am	26 Bethlehem Despensa de Comida 9-11AM Santee Despensa de Comida 8-11Am
27	28	29	30 Santee Despensa de Comida 8-11Am			

## EVENTOS COMUNITARIOS EN ALPINE

**Despensa de Comida Móvil Alpine**  
 1912 Arnold Way  
 Alpine, CA 91901  
 1er y 3er Miércoles: 9:00-10:00 AM

**Despensa de Comida Móvil Descanso**  
 Descanso Branch Library, 9545 River Dr.  
 Descanso, CA 91916  
 1er y 3er Jueves: 9:00-10:00 AM

**Bethlehem Despensa de Comida**  
 737 Grant Avenue  
 El Cajon, CA 92029  
 Sábado: 9:00 - 11:00 AM

**Santee Despensa de Comida**  
 9715 Halberns Blvd  
 Santee, CA 92071

Visite los siguiente sitios para ver mas eventos en su comunidad :  
[www.SDCL.org](http://www.SDCL.org)

### Temas De Bienestar De Este Mes:

Mes Nacional de Prevención del Suicidio

Día Mundial de la Prevención del Suicidio

Mes de Concientización de la Obesidad Infantil

Mes del Envejecimiento Saludable

En colaboración con: San Ysidro Health's  
 Alpine Family Medicine  
 1620 Alpine Blvd #111, CA 91901



**SAN YSIDRO HEALTH**