

October 2020

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

CAMPO COMMUNITY

For more events in your community visit:
WWW.SDCL.ORG

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



SAN YSIDRO HEALTH

This Months Wellness Themes:

National Depression Screening Day
 Check your mood
 National Bullying Prevention Month
 National Breast Cancer Awareness Month

Domestic Violence Awareness Month
 Red Ribbon/Drug Prevention Awareness
 Pregnancy and Infant Loss Awareness
 National ADHD Awareness Month

Octubre 2020

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DOMINGO	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO
				1	2	3
4	5 Lake Morena community Church lonchche gratis para recoger 11:30	6 Lake Morena community Church lonchche gratis para recoger 11:30	7	8	9	10
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EVENTOS COMUNITARIOS EN CAMPO

Visite los siguiente sitios para ver mas eventos en su comunidad :
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Temas De Bienestar De Este Mes:

Día Nacional de Evaluación de la Depresión
 Día para Revisar su Estado de Animo
 Concientización Prevención del Acoso Escolar/Bullying
 Concientización sobre el Cáncer de Mama

Concientización sobre la Violencia Doméstica
 Red Ribbon / Prevención del Abuso de Drogas
 Concientización Sobre el Embarazo y Pérdida Infantil
 Concientización sobre TDAH/ ADHD



SAN YSIDRO HEALTH