

# November 2020

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9 12pm Feeding San Diego at Mountain Health community	10	11	12	13	14
15	16	17	18	19 Great American Smoke-Out	20	21 International Survivors of Suicide Loss Day
22	23 12pm Feeding San Diego at Mountain Health community	24	25	26	27	28
29	30					

## CAMPO COMMUNITY

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

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



**SAN YSIDRO HEALTH**

**This Months Wellness Themes:**

Alzheimer's Awareness Month  
 Diabetes Awareness Month  
 Family Caregivers Month

Great American Smoke-Out- Nov 19  
 International Survivors of Suicide Day - Nov 21  
 National Family Health History Month

# Noviembre 2020

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**COMUNIDAD DE CAMPO**

DOMINGO	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO
1	2	3	4	5	6	7
8	9 12pm Feeding San Diego at Mountain Health community	10	11	12	13	14
15	16	17	18	19 El Gran Día De No Fumar	20	21 Día de los Sobrevivientes de Pérdidas por Suicidio
22	23 12pm Feeding San Diego at Mountain Health community	24	25	26	27	28
29	30					

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

- Mes de concientización del Alzheimer
- Mes de concientización del Diabetes
- Mes nacional de los Cuidadores Familiares

Mes Nacional de la Historia de la Salud Familiar

19/11/2020 - El Gran Día De No Fumar



**SAN YSIDRO HEALTH**