



JANUARY 2021

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 SmartCare Closed for Holiday Santee Food Bank 8-11Am	2 Bethlehem Food Pantry 9-11AM Santee Food Bank 8-11Am
3	4	5	6 Mobile Pantry Alpine 9-10AM Santee Food Bank 8-11Am	7 Mobile Pantry Descanso 9-10 AM	8 Santee Food Bank 8-11Am	9 Bethlehem Food Pantry 9-11AM Santee Food Bank 8-11Am
10	11	12	13 Santee Food Bank 8-11Am	14	15 Santee Food Bank 8-11Am	16 Bethlehem Food Pantry 9-11AM Santee Food Bank 8-11Am
17	18 SmartCare Closed for MLK Holiday	19	20 Mobile Pantry Alpine 9-10AM Santee Food Bank 8-11Am	21 Mobile Pantry Descanso 9-10 AM	22 Santee Food Bank 8-11Am	23 Bethlehem Food Pantry 9-11AM Santee Food Bank 8-11Am
24	25	26	27 Santee Food Bank 8-11Am	28	29 Santee Food Bank 8-11Am	30 Bethlehem Food Pantry 9-11AM Santee Food Bank 8-11Am
31						

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
 Santee, CA 92071

**All SmartCare events listed are always free*

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

In Collaboration with:
 San Ysidro Health Alpine Family Medicine
 1620 Alpine Blvd #111, CA 91901



SAN YSIDRO HEALTH

This Months Wellness Themes:

National Codependency Month
 Cervical Health Awareness Month

Women's Self-Empowerment Month
 Healthy Weight Week

DOMINGO	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO
					1 SmartCare cerrara por el día festivo Santee Despensa de Comida	2 Bethlehem Despensa de Comida 9-11AM Santee Despensa de Comida 8-11Am
3	4	5	6 Despensa de Comida Móvil Alpine 9-10AM Santee Despensa de Comida 8-11Am	7 Despensa de Comida Móvil Descanso 9-10 AM	8 Santee Despensa de Comida 8-11Am	9 Bethlehem Despensa de Comida 9-11AM Santee Despensa de Comida 8-11Am
10	11	12	13 Santee Despensa de Comida 8-11Am	14 Despensa de Comida Móvil Descanso 9-10 AM	15 Santee Despensa de Comida 8-11Am	16 Bethlehem Despensa de Comida 9-11AM Santee Despensa de Comida 8-11Am
17	18 Smart-Care cerrara por el día festi-	19	20 Despensa de Comida Móvil Alpine 9-10AM Santee Despensa de Comida 8-11Am	21 Despensa de Comida Móvil Descanso 9-10 AM	22 Santee Despensa de Comida 8-11Am	23 Bethlehem Despensa de Comida 9-11AM Santee Despensa de Comida 8-11Am
24 31	25	26	27 Santee Despensa de Comida 8-11Am	28 Despensa de Comida Móvil Descanso 9-10 AM	29 Santee Despensa de Comida 8-11Am	30 Bethlehem Despensa de Comida 9-11AM Santee Despensa de Comida 8-11Am

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

En colaboración con:
 San Ysidro Health Alpine Family Medicine



SAN YSIDRO HEALTH

Temas De Bienestar De Este Mes:

Mes de Nacional de la Codependencia
 Empoderamiento de la Mujer

Mes de Concientización sobre la Salud Cervical
 Semana del peso saludable