



# JANUARY 2021

Follow us on:  
[vistahillsmartcare.org](http://vistahillsmartcare.org)  
[facebook.com/vistahillsmartcare](https://facebook.com/vistahillsmartcare)  
[instagram.com/vistahillsmartcare](https://instagram.com/vistahillsmartcare)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 <b>SmartCare Closed for Holiday</b>	2
3	4	5	6	7	8	9
10	11 12pm Feeding San Diego food distribution at Mountain Health community center	12	13 12pm Salvation Army food distribution at Lake Morena community Church	14	15	16
17	18 <b>SmartCare Closed for MLK Holiday</b>	19	20	21	22	23
24	25 12pm Feeding San Diego food distribution at Mountain Health community center	26	27	28	29	30
31						

## CAMPO COMMUNITY EVENTS

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:

National Codependency Month  
 Cervical Health Awareness Month

Women's Self-Empowerment Month  
 Healthy Weight Week

DOMINGO	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO
					1 <b>SmartCare cerrara por el día festivo</b>	2
3	4	5	6	7	8	9
10	11 12pm Alimentando a San Diego en el centro comunitario de Mountain Health	12	13 12pm Distribución de alimentos del Salvation Army en la iglesia comunitaria de Lake Morena	14	15	16
17	18 <b>SmartCare cerrara por el día festivo de MLK</b>	19	20	21	22	23
24 31	25 12pm Alimentando a San Diego en el centro comunitario de Mountain Health	26	27	28	29	30

**EVENTOS COMUNITARIOS EN CAMPO**

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

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

**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



**SAN YSIDRO HEALTH**