

September 2021

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

ALPINE COMMUNITY EVENTS

Alpine Mobile Pantry
 1912 Arnold Way
 Alpine, CA 91901
 Every 1st & 3rd Wednesday

Descanso Mobile Pantry
 Descanso Branch Library, 9545 River Dr.
 Descanso, CA 91916
 Every 1st & 3rd Thursday

Guatay Mobile Pantry
 27521 Old Highway 80
 Guatay, CA 91931
 Every 2nd & 4th Thursday

Bethlehem Food Pantry
 737 Grant Avenue
 El Cajon, CA 92029
 Saturdays 8am-10am

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

In Collaboration with:
 Mountain Empire Family Medicine
 1620 Alpine Blvd #111, CA 91901

This Months Wellness Themes:

National Suicide Prevention Month
Pain and Cholesterol Awareness Month
World Suicide Prevention Day
National Recovery Awareness Month
Childhood Obesity Awareness Month
Healthy Aging Month



**SAN YSIDRO
HEALTH**

Septiembre 2021



EVENTOS COMUNITARIOS EN ALPINE

DOMINGO	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO
			1 Despensa de Comida Móvil Alpine 8:30am-9:30am	2 Despensa de Comida Móvil Descanso 9-10a	3 Santee Despensa de Comida 8am-11am	4 Santee Despensa de Comida
5	6	7	8 Santee Despensa de Comida 8am-11am	9 Despensa de Comida Móvil Guatay 10-11a	10 Santee Despensa de Comida 8am-11am	11 Santee Despensa de Comida
12	13	14	15 Despensa de Comida Móvil Alpine 8:30am-9:30am	16 Despensa de Comida Móvil Descanso 9-10a	17 Santee Despensa de Comida 8am-11am	18 Santee Despensa de Comida
19	20	21	22 Santee Despensa de Comida 8am-11am	23 Despensa de Comida Móvil Guatay 10-11a	24 Santee Despensa de Comida 8am-11am	25 Santee Despensa de Comida
26	27	28	29	30		

Despensa de Comida Móvil Alpine
 1912 Arnold Way
 Alpine, CA 91901

Despensa de Comida Móvil Descanso
 Descanso Branch Library, 9545 River Dr.
 Descanso, CA 91916

Despensa de Comida Móvil Guatay
 27521 Old Highway 80
 Guatay, CA 91931

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

En colaboración con:
 Mountain Empire Family Medicine
 1620 Alpine Blvd #111, Alpine CA

Mes de concientización sobre:

- Mes Nacional de Prevención del Suicidio
- Mes del Envejecimiento saludable
- Día Mundial de la Prevención del Suicidio
- Mes Nacional de la Recuperación
- Mes de Concientización de la Obesidad Infantil
- Mes de Concientización del dolor y el Colesterol



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