



November 2021

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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

Santee Food Bank
 9715 Halberns Blvd

**All SmartCare events listed are always free*

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

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



**SAN YSIDRO
HEALTH**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	Alpine Mobile Pantry 8:30am-9:30am	Descanso Mobile Pantry 9am-10am	Santee Food Bank 8am-11am	Santee Food Bank 8am-
7	8	9	Santee Food Bank 8am-11am	Guatay Mobile Pantry 10am-11am	Santee Food Bank 8am-11am	Santee Food Bank 8am-
14	15	16	Alpine Mobile Pantry 8:30am-9:30am	Descanso Mobile Pantry 9am-10am	Santee Food Bank 8am-11am	Santee Food Bank 8am-
21	22	23	Santee Food Bank 8am-11am	Guatay Mobile Pantry 10am-11am	Santee Food Bank 8am-11am	Santee Food Bank 8am-
28	29	30				

This Months Wellness Themes:

Alzheimer's Awareness Month
Diabetes Awareness Month
Family Caregiver's Month
Great American Smoke Out- Nov 18
International Survivors of Suicide Day - Nov 20
National Family Health History Month

Noviembre 2021

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

EVENTOS COMUNITARIOS EN ALPINE

- 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
- Bethlehem Despensa de Comida**
737 Grant Avenue
El Cajon, CA 92029

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 de concientización del Alzheimer
- Mes de concientización del Diabetes
- Mes nacional de los Cuidadores Familiares
- Mes Nacional de la Historia de la Salud Familiar
- 18/11/2020 - El Gran Día De No Fumar
- 20/11/2020 - Día Internacional de Sobrevivientes de Pérdidas por Suicidio



SAN YSIDRO HEALTH