

# January 2022

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3	4	5 <b>Alpine Mobile Pantry</b> 8:30am-9:30am	6 <b>Descanso Mobile Pantry</b> 9am-10am	7 <b>Santee Food Bank</b> 8am-11am	8 <b>Santee Food Bank</b> 8am-
9	10	11	12 <b>Santee Food Bank</b> 8am-11am	13 <b>Guatay Mobile Pantry</b> 10am-11am	14 <b>Santee Food Bank</b> 8am-11am	15 <b>Santee Food Bank</b> 8am-
16	17	18	19 <b>Alpine Mobile Pantry</b> 8:30am-9:30am	20 <b>Descanso Mobile Pantry</b> 9am-10am	21 <b>Santee Food Bank</b> 8am-11am	22 <b>Santee Food Bank</b> 8am-
23	24	25	26 <b>Santee Food Bank</b> 8am-11am	27 <b>Guatay Mobile Pantry</b> 10am-11am	28 <b>Santee Food Bank</b> 8am-11am	29 <b>Santee Food Bank</b> 8am-
30	31					

## 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](http://WWW.SDCL.ORG)

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

**This Months Wellness Themes:**

- Cervical Health Awareness Month
- National Codependency Month
- National Stalking Awareness Month
- National Birth Defects Awareness Month
- Thyroid Awareness Month



**SAN YSIDRO  
HEALTH**

# Enero 2022

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DOMINGO	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO
2	3	4	5 Despensa de Comida Móvil Alpine 8:30am-9:30am	6 Despensa de Comida Móvil Descanso 9-10a	7 Santee Despensa de Comida 8am-11am	8 Santee Despensa de Comida
9	10	11	12 Santee Despensa de Comida 8am-11am	13 Despensa de Comida Móvil Guatay 10-11a	14 Santee Despensa de Comida 8am-11am	15 Santee Despensa de Comida
16	17	18	19 Despensa de Comida Móvil Alpine 8:30am-9:30am	20 Despensa de Comida Móvil Descanso 9-10a	21 Santee Despensa de Comida 8am-11am	22 Santee Despensa de Comida
23	24	25	26 Santee Despensa de Comida 8am-11am	27 Despensa de Comida Móvil Guatay 10-11a	28 Santee Despensa de Comida 8am-11am	29 Santee Despensa de Comida
30	31					

## 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

**Santee Despensa de Comida**  
9715 Halberns Blvd  
Santee, CA 92071  
Visite los siguiente sitios para ver mas eventos en su comunidad :  
[www.SDCL.org](http://www.SDCL.org)

## Mes de concientización sobre:

- La Salud Cervical
- La Codependencia
- El Acecho
- La Malformación Congénita
- Las enfermedades de la Tiroides

\*Eventos de SmartCare siempre son Gratuitos

