

January 2022

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CAMPO COMMUNITY EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3	4	5	6	7	8
9	10 12pm Feeding San Diego food distribution at Mountain Health community center	11	12 12pm Salvation Army food distribution at Lake Morena community Church	13 VFW Campo Community \$5 Dinner	14	15
16	17	18	19	20	21	22
23	24 12pm Feeding San Diego food distribution at Mountain Health community center	25	26	27 VFW Campo Community \$5 Dinner	28	29
30	31					

**all SmartCare events are free of cost*

CALL 211 FOR MORE RESOURCES

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

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

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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EVENTOS COMUNITARIOS EN CAMPO

DOMINGO	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO
2	3	4	5	6	7	8
9	10 12pm Alimentando a San Diego en el centro comunitario de CamoCMountain Health	11	12 12pm Distribución de alimentos del Salvation Army en la iglesia comunitaria de Lake Morena	13 VFW campo Cena para comunidad Por \$5	14	15
16	17	18	19	20	21	22
23	24 12pm Alimentando a San Diego en el centro comunitario de CamoCMountain Health	25	26	27 VFW campo Cena para comunidad Por \$5	28	29
30	31					

**Eventos de SmartCare siempre son Gratuitos*
 LAME AL 211 PARA MAS RECURSOS

Visite los siguiente sitios para ver mas eventos en su comunidad :
WWW.SDCL.ORG

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Mes de concientización sobre:

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



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