



January 2022

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3	4 Food Distribution	5	6 Food Distribution	7	8 Food Distribution
9	10	11	12	13 Food Distribution	14	15 Food Distribution
16	17 Vista Hill Closed	18 Food Distribution	19	20 Food Distribution	21	22 Food Distribution
23	24	25 Food Distribution	26	27 Food Distribution	28	29 Food Distribution
30	31					

PAUMA VALLEY / VALLEY CENTER COMMUNITY EVENTS

Food Distribution

Tuesdays 7 & 21 12 pm– 1 pm
 16650 Hwy 76,
 Pauma Valley, CA 92061

Food Distribution

Thursdays 10 am—11 am
 Pala Mission Church
 11800 Mission Rd
 Pala, CA 92059

Food Distribution

Saturdays 8:30 am—9:30 am
 4th Saturday 12:30 pm—2pm
 St Stephen’s Church
 31020 Cole Grade Rd
 Valley Center, CA 92082

Food Distribution

4th Tuesday 2pm
 Pauma Valley Community Church
 32077 Community Church Dr
 Pauma Valley, CA

**All SmartCare events listed are always free*
 CALL 211 FOR MORE RESOURCES
 For more events in your community visit:
WWW.SDCL.ORG

This Months Wellness Themes:

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

In collaboration with:
 Neighborhood Healthcare
 28477 Lizard Rocks Rd,
 Valley Center, CA 92082





Enero 2022

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DOMINGO	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO
2	3	4 Distribución de Comida	5	6 Distribución de Comida	7	8 Distribución de Comida
9	10	11	12	13 Distribución de Comida	14	15 Distribución de Comida
16	17 Vista Hill Cerrado	18 Distribución de Comida	19	20 Distribución de Comida	21	22 Distribución de Comida
23	24	25 Distribución de Comida	26	27 Distribución de Comida	28	29 Distribución de Comida
30	31					

EVENTOS COMUNITARIOS PAUMA VALLEY / VALLEY CENTER

Distribución de Comida
 Martes 4 y 18 12 pm– 1 pm
 16650 Hwy 76,
 Pauma Valley, CA 92061

Distribución de Comida
 Jueves 10 am—11am
 Pala Mission Church
 11800 Mission Rd
 Pala, CA 92059

Distribución de Comida
 Sabado 8:30 am—9:30 am
 4to Sabado 12:30 pm—2pm
 St Stephen’s Church
 31020 Cole Grade Rd
 Valley Center, CA 92082

Distribución de Comida
 4to Martes 2 pm
 Pauma Valley Community Church
 32077 Community Church Dr
 Pauma Valley, CA 92061

LLAME AL 211 PARA MAS RECURSOS

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

Mes de concientización sobre:

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

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