

June 2022

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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:

- Alzheimer's Brain and Awareness Month**
- Aphasia Awareness Month**
- Men's Health Awareness**
- Migraine and Headache Awareness**
- PTSD Awareness Month**



**SAN YSIDRO
HEALTH**

Junio 2022

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
737 Grant Avenue
El Cajon, CA 92029

Santee Despensa de Comida
9715 Halberns Blvd
Santee, CA 92071

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

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		

Mes de concientización sobre:

La salud de los Hombres
El Alzheimer y El Cerebro
Afasia (Trastorno del Lenguaje)
Migrañas y Dolores de Cabeza
El Trastorno de Estrés Postraumático (PTSD)

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



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