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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4 Alpine Mobile Pantry 8:30am-9:30am	5 Descanso Mobile Pantry 9am-10am	6 Santee Food Bank 8am-11am	7 Santee Food Bank 8am-
8	9	10	11 Santee Food Bank 8am-11am	12 Guatay Mobile Pantry 10am-11am	13 Santee Food Bank 8am-11am	14 Santee Food Bank 8am-
15	16	17	18 Alpine Mobile Pantry 8:30am-9:30am	19 Descanso Mobile Pantry 9am-10am	20 Santee Food Bank 8am-11am	21 Santee Food Bank 8am-
22	23	24	25 Santee Food Bank 8am-11am	26 Guatay Mobile Pantry 10am-11am	27 Santee Food Bank 8am-11am	28 Santee Food Bank 8am-
29	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

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

This Months Wellness Themes:

- Mental Health Awareness Month
- Military Appreciation Month
- National Trauma Awareness
- Better Sleep Awareness
- Older Americans Month



SAN YSIDRO HEALTH

Mayo 2022

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

737 Grant Avenue
El Cajon, CA 92029

Santee Despensa de Comida
9715 Halberns Blvd

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:

- La Salud Mental
- El Trauma
- La Salud en la Edad Avanzada
- El Sueño Reparador
- El Agradecimiento al Militar



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