



# June 2022

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 Food Distribution Gentle Yoga 10:30-11:30 am	3 Tech Help 10-11 am	4 Food Distribution
5	6	7 Food Distribution Gentle Yoga 10:30-11:30 am	8	9 Food Distribution Gentle Yoga 10:30-11:30 am	10 Tech Help 10-11 am	11 Food Distribution
12	13	14 Gentle Yoga 10:30-11:30 am	15	16 Food Distribution Gentle Yoga 10:30-11:30 am	17 Tech Help 10-11 am	18 Food Distribution
19	20	21 Food Distribution Gentle Yoga 10:30-11:30 am	22	23 Food Distribution Gentle Yoga 10:30-11:30 am	24 Tech Help 10-11 am	25 Food Distribution
26	27	28 Food Distribution Gentle Yoga 10:30-11:30 am	29	30 Food Distribution Gentle Yoga 10:30-11:30 am		

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

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



### This Months Wellness Themes:

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

Gentle Yoga  
 &  
 Tech Help  
 At the  
 Valley Center Library



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Síguenos:  
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## EVENTOS COMUNITARIOS

### EN VALLEY CENTER

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

#### Distribución de Comida

Martes 7 y 21 12 pm– 1 pm  
 16650 Hwy 76,  
 Pauma Valley, CA 92061

#### Distribución de Comida

Jueves 10 am—11 am  
 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

\*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](http://www.SDCL.org)

### 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)

Yoga Suave  
 Y  
 Ayuda Tecnica  
 En la  
 Biblioteca deValley Center

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 Neighborhood Healthcare  
 28477 Lizard Rocks Rd,  
 Valley Center, CA 92082

