

September 2022

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Descanso Mobile Pantry 9am-10am	2 Santee Food Bank 8am-11am	3 Santee Food Bank 8am-
4	5	6	7 Alpine Mobile Pantry 8:30am-9:30am	8 Guatay Mobile Pantry 10am-11am	9 Santee Food Bank 8am-11am	10 Santee Food Bank 8am-
11	12	13	14 Santee Food Bank 8am-11am	15 Descanso Mobile Pantry 9am-10am	16 Santee Food Bank 8am-11am	17 Santee Food Bank 8am-
18	19	20	21 Alpine Mobile Pantry 8:30am-9:30am	22 Guatay Mobile Pantry 10am-11am	23 Santee Food Bank 8am-11am	24 Santee Food Bank 8am-
25	26	27	28 Santee Food Bank 8am-11am	29 Jamul Com Church Senios 60+ 8-8:30A	30 Santee Food Bank 8am-11am	

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

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:

Childhood Obesity Awareness Month
National Suicide Prevention Month
Healthy Aging Awareness Month
National Recovery Awareness Month
Pain and Cholesterol Awareness Month



SAN YSIDRO HEALTH

Septiembre 2022

EVENTOS COMUNITARIOS EN ALPINE

DOMINGO	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO
				1 Despensa de Comida Móvil Descanso 9-10a	2 Santee Despensa de Comida 8am-11am	3 Santee Despensa de Comida
4	5	6	7 Despensa de Comida Móvil Alpine 8:30am-9:30am	8 Despensa de Comida Móvil Guatay 10-11a	9 Santee Despensa de Comida 8am-11am	10 Santee Despensa de Comida
11	12	13	14 Santee Despensa de Comida 8am-11am	15 Despensa de Comida Móvil Descanso 9-10a	16 Santee Despensa de Comida 8am-11am	17 Santee Despensa de Comida
18	19	20	21 Despensa de Comida Móvil Alpine 8:30am-9:30am	22 Despensa de Comida Móvil Guatay 10-11a	23 Santee Despensa de Comida 8am-11am	24 Santee Despensa de Comida
25	26	27	28 Santee Despensa de Comida 8am-11am	29 Jamul glesia Gente 60+ 8-8:30A	30 Santee Despensa de Comida 8am-11am	

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

Santee Despensa de Comida
 9715 Halberns Blvd
 Santee, CA 92071

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:

- Mes de concientización de la obesidad infantil
- Mes nacional de prevención del suicidio
- Mes del envejecimiento saludable
- Mes nacional de la recuperación
- Mes de concientización de el dolor y el colesterol



**SAN YSIDRO
HEALTH**