

September 2022

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JULIAN COMMUNITY EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2 9am: Mt Manna By Appt.	3
4	5 Labor Day Holiday	6	7 9am: Mt Manna By Appt.	8	9 9am: Mt Manna By Appt. 12pm: Community Wellness Expo	10
11	12 9am: Mt Manna By Appt.	13	14 9am Mt Manna By Appt. 9:30am Julian MP 12p Shelter Villy MP	15	16 9am: Mt Manna By Appt.	17
18	19 9am: Mt Manna By Appt.	20	21 9am: Mt Manna By Appt.	22	23 9am: Mt Manna By Appt.	24
25	26 9am: Mt Manna By Appt.	27	28 9am Mt Manna By Appt. 9:30am Julian MP 12p Shelter Villy MP	29	30 9am: Mt Manna By Appt.	

*Backcountry Communities Thriving
Community Wellness Expo
 Friday, 9/9 12-7pm Julian Town Hall
 Free. All Ages. Info: bc-ct.org*

Food Distributions

*Mt. Manna (UMC of Julian)
 2898 Highway 78
 Call for appt: 760.765.0114*

Julian Mobile Pantry: 1850 CA-78

*Shelter Valley Citizens Co & MP
 7217 Great Southern Overland*

***Feeding San Diego Mobile Pantries**
 858.452.3663*

***Emergency Food Asst Programs
 (EFAP) 866.350.3663***

CALL 211 FOR MORE RESOURCES
 For more events in your community visit:
www.SDCL.org

**All SmartCare events listed are always free*

*Selena Kradolfer Scanlan,
 (she/her) LMFT #132377
 Behavioral Health Consultant
 760.420.0532 | 760.788.9725*

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**

In collaboration with:
 Julian Medical Clinic
 2721 Washington St



**SAN YSIDRO
HEALTH**

Septiembre 2022

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EVENTOS COMUNITARIOS EN JULIAN

DOMINGO	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO
				1	2 9am: Mt Manna By Appt.	3
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858.452.3663*

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866.350.3663*

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En colaboración con:
La clínica Medica de Julián
2721 Washington St , CA 92036



**SAN YSIDRO
HEALTH**

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