



September 2022

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

VALLEY CENTER COMMUNITY

EVENTS

Food Distribution

Tuesdays 6 & 20 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

For more events in your community visit:
WWW.SDCL.ORG

CALL 211 FOR MORE RESOURCES

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



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

Gentle Yoga,
 Food Distribution
 Tech Help
 At the
 Valley Center Library



Septiembre 2022

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

EVENTOS COMUNITARIOS EN VALLEY CENTER

Distribución de Comida
 Martes 6 y 20 12 pm– 1 pm
 16650 Hwy 76,
 Pauma Valley, CA 92061

Distribución de Comida
 Jueves 10 am—11am
 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

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

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

Yoga Suave
 Distribución de Comida
 Y
 Ayuda Tecnica
 En la
 Biblioteca de Valley Center

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

