

March 2023

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| 11 SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-----------|--------|--|--|---|---|---------------------------------------|
| | | | 1 Alpine Mobile Pantry 8:30am-9:30am | 2 Descanso Mobile Pantry 9am-10am | 3 Santee Food Bank 8am-11am | 4 Santee Food Bank 8am- |
| 5 | 6 | 7 Pet pantry— campus el Cajon 10am-6pm | 8 Santee Food Bank 8am-11am | 9 Guatay Mobile Pantry 10am-11am | 10 Santee Food Bank 8am-11am | 11 Santee Food Bank |
| 12 | 13 | 14 Pet pantry— campus el Cajon 10am-6pm | 15 Alpine Mobile Pantry 8:30am-9:30am | 16 Descanso Mobile Pantry 9am-10am | 17 Santee Food Bank 8am-11am | 18 Santee Food Bank 8am- |
| 19 | | 21 Pet pantry— campus el Cajon 10am-6pm | 22 Santee Food Bank 8am-11am | 23 Guatay Mobile Pantry 10am-11am | 24 Santee Food Bank 8am-11am | 25 Santee Food Bank 8am- |
| 26 | 27 | 28 Pet pantry— campus el Cajon 10am-6pm | 29 Santee Food Bank 8am-11am | 30 | 31 Santee Food Bank 8am-11am | |

ALPINE COMMUNITY EVENTS

**All SmartCare events listed are always free*

Alpine Mobile Pantry

1912 Arnold Way
Alpine, CA 91901

Every 1st & 3rd Wednesday

Descanso Mobile Pantry Descanso

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

Santee Food Bank

9715 Halberns Blvd.
Santee, CA. 92071

San Diego Humane Society Campus

1373 N. Marshall Ave.
El Cajon, CA 92020

**All SmartCare events listed are always free*

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

This Months Wellness Themes:

Bleeding Disorders Awareness Month

National Colorectal Awareness Month

National Endometriosis Awareness Month

National Kidney Month

Multiple Sclerosis Education Month

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



**SAN YSIDRO
HEALTH**

Marzo 2023

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| DOMINGO | LUNES | MARTES | MIERCOLES | JUEVES | VIERNES | SABADO |
|---------|-------|--|--|---|--|---------------------------------|
| | | | 1 Despensa de Comida Móvil Alpine 8:30am-9:30am | 2 Despensa de Comida Móvil Descanso 9-10a | 3 Santee Despensa de Comida 8am-11am | 4 Santee Despensa de Comida |
| 5 | 6 | 7 Despensa para mascotas- el Cajón 10am-6pm | 8 Santee Despensa de Comida 8am-11am | 9 Despensa de Comida Móvil Guatay 10-11a | 10 Santee Despensa de Comida 8am-11am | 11 Santee Despensa de Comida |
| 12 | 13 | 14 Despensa para mascotas- el Cajón 10am-6pm | 15 Despensa de Comida Móvil Alpine 8:30am-9:30am | 16 Despensa de Comida Móvil Descanso 9-10a | 17 Santee Despensa de Comida 8am-11am | 18 Santee Despensa de Comida |
| 19 | | 21 Despensa para mascotas- el Cajón 10am-6pm | 22 Santee Despensa de Comida 8am-11am | 23 Despensa de Comida Móvil Guatay 10-11a | 24 Santee Despensa de Comida 8am-11am | 25 Santee Despensa de Comida |
| 26 | 27 | 28 Despensa para mascotas- el Cajón 10am-6pm | 29 Santee Despensa de Comida 8am-11am | 30 | 31 Santee Despensa de Comida 8am-11am | |

ALPINE COMMUNITY EVENTS

Despensa de Comida Móvil Alpine
 1912 Arnold Way
 Alpine, CA 91901
 Cada 1er y 3er Miercoles

Despensa de Comida Móvil Descanso
 Descanso Branch Library, 9545 River Dr.
 Descanso, CA 91916
 Cada 1er y 3er Jueves

Despensa de Comida Móvil Guatay
 27521 Old Highway
 Cada 2do y 4to Jueves

Santee Despensa de Comida
 9715 Halberns Blvd.
 Santee, CA 92071
 Cada Miercoles, Viernes y Sabado
San Diego Humane Society Campus
 1373 N. Marshall Ave.

EICajon, CA 92020
 Martes a Domingo 10am-6pm
**Eventos de SmartCare siempre son Gratuitos*

LAME AL 211 PARA MAS RECURSOS

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

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



SAN YSIDRO HEALTH

Mes de concientización sobre:

- Los Problemas de Coagulación de la sangre
- El Cáncer del Colon y del Recto
- La Endometriosis
- Enfermedades de los Riñones
- La educación sobre el Esclerosis múltiple