

JULIAN COMMUNITY EVENTS

Food Distributions

Feeding San Diego

Every Wednesday (1st & 3rd Produce only)
 9:30-10:30am, Julian: 1850 Hwy 78
 12-1pm, Shelter Valley: 7217 Great Southern Overland Trail
 2nd Tuesday 1-2pm, Butterfield Ranch Community Produce Pantry: 14925 Great Southern Overland Stage Route

Mountain Manna

4th Saturday 9-10:30am
 Community United Methodist Church of Julian: 2898 Hwy 78

San Diego Food Bank

4th Friday 12pm 14925 Great Southern Overland Stage Route

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*

11 SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 9:30am Julian MP 12p Shelter Vly MP Produce Only	2	3	4
5	6 Mondays 2:30p Lego Club at Library	7 1pm: Butterfield Ranch Community Produce Pantry	8 Feeding SD MP 9:30am Julian 12p Shelter Vly	9	10	11
12	13 Every Monday 11am: Yoga \$20 zenmountain	14	15 9:30am Julian MP 12p Shelter Vly MP Produce Only	16	17	18
19	Every Monday 11am AA Shelter Vly, 7217 Great South- ern Overland Stage	21 3rd Tuesday 9am: Coffee w/Principal Dr. Dodson, Regu- lars Wanted	22 Feeding SD MP 9:30am Julian 12p Shelter Vly	23	24 12pm: SD Food Bank at Butterfield Ranch	25 9am: Mt Manna
26	27	28	29 Feeding SD MP 9:30am Julian 12p Shelter Vly	30	31	

This Months Wellness Themes:

Bleeding Disorders Awareness Month
National Colorectal Awareness Month
National Endometriosis Awareness Month
National Kidney Month
Multiple Sclerosis Education Month

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

In collaboration with:
 Julian Medical Clinic
 2721 Washington St
 Julian, CA 92036



Marzo 2023

EVENTOS COMUNITARIOS EN JULIAN

DOMINGO	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO
			1 9:30am Julian MP 12p Shelter Vly MP Produce Only	2	3	4
5	6 Cada Lunes 11am: Yoga \$20 zenmountain	7 1pm: Butterfield Ranch Community Produce Pantry	8 Feeding SD MP 9:30am Julian 12p Shelter Vly	9	10	11
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LAME AL 211 PARA MAS RECURSOS
 Visite los siguiente sitios para ver mas eventos
 en su comunidad :
WWW.SDCL.ORG

*Eventos de SmartCare siempre son Gratuitos

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

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**SAN YSIDRO
HEALTH**