



March 2023

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11 SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Food Distribution 1 PM– 6 PM Hatha Yoga 5:30-6:30 PM	2 Food Distribution Gentle Yoga 10:30-11:30 am	3 Tech Help 10-11 am	4 Food Distribution
5	6 Hatha Yoga 5:30-6:30 PM	7 Food Distribution Gentle Yoga 10:30-11:30 am	8 Food Distribution 1 PM– 6 PM Hatha Yoga 5:30-6:30 PM	9 Food Distribution Gentle Yoga 10:30-11:30 am	10 Tech Help 10-11 am	11 Food Distribution
12	13 Hatha Yoga 5:30-6:30 PM	14 Gentle Yoga 10:30-11:30 am	15 Food Distribution 1 PM– 6 PM Hatha Yoga 5:30-6:30 PM	16 Food Distribution Gentle Yoga 10:30-11:30 am	17 Tech Help 10-11 am	18 Food Distribution
19	Hatha Yoga 5:30-6:30 PM	21 Food Distribution Gentle Yoga 10:30-11:30 am	22 Food Distribution 1 PM– 6 PM Hatha Yoga 5:30-6:30 PM	23 Food Distribution Gentle Yoga 10:30-11:30 am	24 Tech Help 10-11 am	25 Food Distribution
26	27 Hatha Yoga 5:30-6:30 PM	28 Gentle Yoga 10:30-11:30 am	29 Food Distribution 1 PM– 6 PM Hatha Yoga 5:30-6:30 PM	30 Food Distribution Gentle Yoga 10:30-11:30 am	31 Tech Help 10-11 am	

VALLEY CENTER COMMUNITY EVENTS

Food Distribution
 Tuesdays 7 & 21 12 pm– 1 pm
 16650 Hwy 76,
 Pauma Valley, CA 92061

Food Distribution
 Thursdays 10 am—11am
 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

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

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

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





Marzo 2023

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DOMINGO	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO
			1 Distribución de Comida 1 PM—6 PM	2 Distribución de Comida Yoga Suave 10:30-11:30 am	3 Ayuda Tecnica 10-11 am	4 Distribución de Comida
5	6 Hatha Yoga 5:30-6:30 PM	7 Distribución de Comida	8 Distribución de Comida 1 PM—6 PM	9 Distribución de Comida Yoga Suave 10:30-11:30 am	10 Ayuda Tecnica 10-11 am	11 Distribución de Comida
12	13 Hatha Yoga 5:30-6:30 PM	14	15 Distribución de Comida 1 PM—6 PM	16 Distribución de Comida Yoga Suave 10:30-11:30 am	17 Ayuda Tecnica 10-11 am	18 Distribución de Comida
19	Hatha Yoga 5:30-6:30 PM	21 Distribución de Comida	22 Distribución de Comida 1 PM—6 PM	23 Distribución de Comida Yoga Suave 10:30-11:30 am	24 Ayuda Tecnica 10-11 am	25 Distribución de Comida
26	27 Hatha Yoga 5:30-6:30 PM	28	29 Distribución de Comida 1 PM—6 PM	30 Distribución de Comida Yoga Suave 10:30-11:30 am	31 Ayuda Tecnica 10-11 am	

EVENTOS COMUNITARIOS

EN VALLEY CENTER

Distribución de Comida
 Martes 7 y 21 12 pm– 1 pm
 16650 Hwy 76,
 Pauma Valley, CA 92061

Distribución de Comida
 Jueves 10 am—11 am
 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

*Eventos de SmartCare siempre son Gratuitos
 LLAME AL 211 PARA MAS RECURSOS

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

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

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

