



# July 2021

Follow us on:  
[vistahillsmartcare.org](http://vistahillsmartcare.org)  
[facebook.com/vistahillsmartcare](https://facebook.com/vistahillsmartcare)  
[instagram.com/vistahillsmartcare](https://instagram.com/vistahillsmartcare)  
[vistahillsmartcareblog.wordpress.com](http://vistahillsmartcareblog.wordpress.com)

## CAMPO COMMUNITY EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 VFW campo community \$5 Dinner	2	3
4 VFW Campo Pancake breakfast	5	6	7	8 VFW campo community \$5 Dinner	9	10
11	12 12pm Feeding San Diego food distribution at Mountain Health community center	13	14 12pm Salvation Army food distribu- tion at Lake More- na community Church	15 VFW campo community \$5 Dinner	16	17
18	19	20	21	22 VFW campo community \$5 Dinner	23	24
25	26 12pm Feeding San Diego food distri- bution at Moun- tain Health com- munity center	27	28	29 VFW campo community \$5 Dinner	30	31

### Mondays

#### Event Name

00:00am at LOCATION

626 E Street

Staff Name (760) 000-0000

*\*all SmartCare events are  
free of cost*

For more events in your community visit:  
[WWW.SDCL.ORG](http://WWW.SDCL.ORG)

En colaboración con:  
 Mountain Empire Family Medicine  
 31115 CA-94 Campo, CA 91906



**SAN YSIDRO  
HEALTH**

### This Months Wellness Themes:

- UV Safety
- Firework Safety
- National Parks and recreation Awareness
- National Eye Injury Awareness

# Julio 2021

Siganos en:  
[vistahillsmartcare.org](http://vistahillsmartcare.org)  
[facebook.com/vistahillsmartcare](https://facebook.com/vistahillsmartcare)  
[instagram.com/vistahillsmartcare](https://instagram.com/vistahillsmartcare)  
[vistahillsmartcareblog.wordpress.com](http://vistahillsmartcareblog.wordpress.com)

DOMINGO	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO
				1 VFW campo Cena para co- munidad Por \$5	2	3
4 VFW Campo Desayuno de panqueques	5	6	7	8 VFW campo Cena para co- munidad Por \$5	9	10
11	12 12pm Alimentando a San Diego en el centro comunitario de Mountain Health	13	14 12pm Distribución de alimentos del Salvation Army en la iglesia comunitaria de Lake Morena	15 VFW campo Cena para co- munidad Por \$5	16	17
18	19	20	21	22 VFW campo Cena para co- munidad Por \$5	23	24
25	26 12pm Alimentando a San Diego en el centro comunitario de Mountain Health	27	28	29 VFW campo Cena para co- munidad Por \$5	30	31

**EVENTOS  
COMUNITARIOS  
EN CAMPO**

Day of week  
**Event Name**  
 00:00am at LOCATION  
 626 E Street  
 Staff Name (760) 000-0000

*\*Eventos de SmartCare siempre  
son Gratuitos*

Visite los siguiente sitios para ver mas even-  
tos en su comunidad :  
[WWW.SDCL.ORG](http://WWW.SDCL.ORG)

En colaboración con:  
 Mountain Empire Family Medicine  
 31115 CA-94 Campo, CA 91906



**SAN YSIDRO  
HEALTH**

**Temas De Bienestar De Este Mes:**

- Seguridad UV
- Seguridad de fuegos artificiales
- Parques Nacionales y recreación
- Conciencia
- Conciencia nacional de lesiones oculares