

# February 2016: Calendar of Free Events

DATE	EVENT	LOCATION	TIME
February 1	Qi Gong	4155 Governor Drive, San Diego, 92122	9:30am
February 3	Mobile Mammography and Breast Cancer Screening	292 Euclid Ave., San Diego, 92114	9am-2pm
February 6	Little Italy Mercato	519 W. Cedar Street, San Diego, 92101	8am-2pm
February 9	Chair Sit Yoga	4155 Governor Drive, San Diego, 92122	2pm
February 11	Adult Yoga	4155 Governor Drive, San Diego, 92122	4pm
February 13	City Heights Farmers' Market	Wightman Street, between 43rd and Fairmount, San Diego, 92105	9am-1pm
February 15	Zumba Basic	2123 Fenton Parkway, San Diego, 92108	4pm
February 17	Run for Fun	Nike Fashion Valley, 7007 Friars Road, San Diego, CA 92108	6pm
February 19	La Mesa Farmers' Market	Allison Ave. & Date Ave., La Mesa, 91942	1-5pm
February 24	"Our Kitchen, Good Table, Healthy Life" Cooking Class	950 S. Euclid Ave., 3rd Floor, San Diego, 92114	10-11am
February 25	North Park Farmers' Market	3151 University Ave., San Diego, 92104	2:30-6:30pm
February 28	Hillcrest Farmers' Market	3960 Normal Street, San Diego, 92103	9am-2pm

## Worksite Wellness Program

**University of California, San Diego**  
**School of Medicine**  
**Center for Community Health**  
**Email: [worksitewellness@ucsd.edu](mailto:worksitewellness@ucsd.edu)**