

# January 2016: Calendar of Free Events

DATE	EVENT	LOCATION	TIME
January 2	Little Italy Mercato	519 W. Cedar Street San Diego, CA 92101	8am-2pm
January 4	Zumba Basic	2123 Fenton Parkway San Diego, CA 92108	4pm-5pm
January 5	Mira Mesa Farmers' Market	10510 Reagan Road San Diego, CA 92126	3pm-7pm
January 7	Relaxation & Visualization Class	9001 Wakarusa Street La Mesa, CA 91942	12:15pm-1:15pm
January 8	La Mesa Food Truck Fest	7871 University Avenue La Mesa, CA 91942	5:30pm-8:30pm
January 12	Gentle Yoga 4 All Adults	4985 La Cuenta Drive San Diego, CA 92124	1:30pm-2:45pm
January 14	North Park Farmers' Market	3151 University Avenue San Diego, CA 92104	2:30pm-6:30pm
January 18	Intro to Meditation	3800 30th St. San Diego, CA 92104	5pm-6pm
January 20	Run for Fun	Nike Fashion Valley, 7007 Friars Road, San Diego, CA 92108	6pm
January 24	San Marcos Farmers' Market	333 South Twin Oaks Valley Rd. San Marcos, CA 92096	1pm-5pm
January 27	Free Mammograms	2937 Beyer Boulevard, San Diego, CA 92154	9am-1pm

## Worksite Wellness Program

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**School of Medicine**  
**Center for Community Health**  
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