

June 2016: Calendar of Free Events

DATE	EVENT	LOCATION	TIME
June 2	Relaxation and Visualization	9001 Wakarusa St La Mesa, CA 91942	12:15pm-1:15pm
June 3	Mindful Movement	31356 CA-94 Campo, CA 91906	9:30am-12:30pm
June 5	Rancho Santa Fe Farmers' Market	16079 San Dieguito Rd Rancho Santa Fe, CA 92091	9:30am-2:00pm
June 7	Blood Pressure Screening	4390 Valeta St San Diego, CA 92107	9:30am-12:30pm
June 11	Hatha Yoga	9225 Carlton Hills Blvd #17, Santee, CA 92071	8:00am-9:00am
June 13	Prenatal and Postpartum Wellness Group	1275 Main St Ramona, CA 92065	1:00pm-2:00pm
June 16	North County Health Services Information Session	1275 Main St Ramona, CA 92065	10:30am-12:00pm
June 17	Adult Bingo Day	44605 Old Hwy 80 Jacumba Hot Springs, CA	1:00pm
June 20	Couch to 5k Training Advice	9225 Carlton Hills Blvd #17, Santee, CA 92071	6:30pm
June 22	Feeding America	1850 Highway 78 Julian, CA 92036	10:00am
June 24	Imperial Beach Farmers' Market	10 Evergreen Ave Imperial Beach, CA 91932	12:30pm-7:00pm
June 27	Kids in Action Storytime	9839 Vine St Lakeside, CA 92040	10:30am-11:00am
June 30	El Cajon Farmers' Market	190 E. Main St El Cajon, CA 92020	3:00pm-7:30pm

Worksite Wellness Program

University of California, San Diego
School of Medicine
Center for Community Health