

July 2016: Calendar of Free Events

DATE	EVENT	LOCATION	TIME
July 2	Little Italy Farmers' Market	West Cedar Street from Kettner to Front Street San Diego, CA 92101	8:00am-2:00pm
July 4	Stretch & Strengthen	1275 Main St Ramona, CA 92065	4:45pm
July 6	Our Kitchen, Good Table, Healthy Life	950 S. Euclid Ave 3rd Floor, San Diego, CA 92114	10:00am-11:00am
July 7	Tai Chi	1275 Main St Ramona, CA 92065	9:00am-10:00am
July 10	Julian Farmers' Market	4470 Highway 78 Julian, 92036	11:00am-4:00pm
July 11	Healthy Fallbrook	124 S Mission Rd Fallbrook, CA 92028	1:30pm-4:30pm
July 13	Free Mammograms	2937 Beyer Blvd San Diego, CA 92154	9:00am-1:00pm
July 16	Isha Kriya Meditation	1309 Camino Del Mar Del Mar, CA 92014	2:00pm-3:00pm
July 18	Family Game Night	2130 Arnold Way Alpine, CA 91901	5:30pm
July 21	Linda Vista Farmers' Market	6939 Linda Vista Rd San Diego, CA 92111	2:00pm-6:00pm
July 25	Free Dinner for Kids Under 18	836 Kempton St Spring Valley, CA 91977	4:00pm-5:00pm
July 27	Encinitas Farmers' Market	620 Vulcan Ave Encinitas, CA 92024	5:00pm-8:00pm
July 28	Neighborhood Exchange Food Bank Event	3293 Santo Rd San Diego, CA 92124	10:00am-11:00am

Worksite Wellness Program

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