

## September 2016: Calendar of Free Events

DATE	EVENT	LOCATION	TIME
September 1	Relaxation and Visualization	9001 Wakarusa Street La Mesa, CA	12:15pm-1:15pm
September 4	North San Diego Farmers' Market	12655 Sunset Drive Escondido, CA 92025	10:30am-3:30pm
September 5	Kids in Action Story time	9839 Vine Street Lakeside, CA 92040	10:30am-11:30am
September 9	Zumba!	540 Cornish Drive Encinitas, CA 92024	3pm-4pm
September 13	Pacific Beach Farmers' Market	Bayard St (from Garnet ave to Hornblend St) San Diego, CA 92109	2pm-7pm
September 14	Free Mammograms	2937 Beyer Boulevard San Diego, CA 92154	9am-1pm
September 1	Free Dinner for Kids	836 Kempton St. Spring Valley, CA 91977	4pm-5pm
September 20	Silver Age Yoga	540 Cornish Drive Encinitas, CA 92024	1pm-2pm
September 22	Neighborhood Exchange Food Bank Event	3293 Santo Road San Diego, CA 92124	10am-11am
September 25	Solana Beach Farmers' Market	410 S. Cedros Ave Solana Beach, CA 92075	1pm-5pm
September 29	Tai Chi	1275 Main Street Ramona, CA 92065	9am-10am
September 30	La Mesa Farmers' Market	Date Ave and University Ave La Mesa, California 91941	2pm-6pm

*Live Well @ Work*

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