

December 2016: Calendar of Free Events

DATE	EVENT	LOCATION	TIME
December 1	Rockin' Recess	1275 Main Street Ramona, CA 92065	3:15pm-3:30pm
December 4	Rancho San Diego Farmers' Market	12655 Sunset Drive Escondido, CA 92025	10:30am-3:30pm
December 8	El Cajon Farmers' Market	190 E. Main St (at Rea Avenue) El Cajon, CA 92020	3pm-6pm
December 12	Silversneakers Yoga	201 E Douglas Avenue El Cajon, CA 92020	12:30pm-1:30pm
December 14	Feeding America	1850 CA-78 Julian, CA 92036	10am
December 15	Visualization and Relaxation	9001 Wakarusa Street La Mesa, CA 91942	12:15pm-1:15pm
December 17	SMART Recovery	540 Cornish Drive Encinitas, CA 92024	9:30am-11am
December 20	Otay Ranch Farmers' Market	2015 Birch Rd and Eastlake Blvd Chula Vista, CA 91915	4pm-7pm
December 22	Neighborhood Exchange Food Bank	3293 Santo Road San Diego, CA 92124	10am-11am
December 27	Healthy Families Dinner and Crafts	4058 Willows Road Alpine, CA 91901	5:30pm-7pm
December 28	Free Mammograms	2937 Beyer Boulevard San Diego, CA 92154	9am-1pm
December 29	Discovery Day	576 Garfield Ave El Cajon, CA 92020	3pm
December 31	City Heights Farmers' Market	Wightman St. (between Fair- mount and 43rd St.) San Diego	9am-1pm

Live Well @ Work

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