

October 2016: Calendar of Free Events

DATE	EVENT	LOCATION	TIME
October 1	Vista Farmers' Market	325 S. Melrose Drive Vista, CA 92081	8am-1pm
October 3	Silversneakers Yoga	201 E Douglas Ave El Cajon, CA 92020	12:30pm-1:30pm
October 5	Our Kitchen, Good Table, Healthy Life	50 S. Euclid Avenue, 3rd Floor, San Diego, CA 92114	10am-11am
October 7	Zumba	540 Cornish Drive Encinitas CA 92024	3pm-4pm
October 11	Coronado Farmers' Market	1st & B.- Ferry Landing Coronado, CA 92118	2:30pm-6pm
October 13	Rockin' Recess	1275 Main Street Ramona, CA 92065	3pm-3:15pm
October 17	Free Dinner for Kids (18 & Younger)	836 Kempton Street Spring Valley, CA 91977	4pm-5pm
October 19	Free Mammograms	2937 Beyer Boulevard San Diego, CA 92154	9am-1pm
October 22	Step Out Walk to Stop Diabetes	200 Marina Park Way, San Diego, CA 92101	8am
October 26	Feeding America	1850 CA-78 Julian, CA 92036	10am
October 27	Chula Vista Farmers' Market	353 Third Ave Chula Vista, CA 91910	3pm-7pm
October 29	Guided Tours of Local Waterwise Gardens	12122 Cuyamaca College Dr W, El Cajon, CA 92019	10:30am-12:30pm

Live Well @ Work

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