



Community Unit Calendar

February 2019

Healthier Living, Feeling Fit, Tai Chi and Diabetes classes and workshops are offered at sites throughout San Diego County. For locations call 858 495-5500 or visit www.HealthierLivingSD.org

Items highlighted in blue are AIS sponsored or lead events

Items highlighted in green are events where AIS participates

February 2019

2/1 Osher Spring 2019 Kickoff event: SDSU Extended Studies Center Bldg., Room 210, 5701 Hardy Ave., San Diego 92182. 8:30AM-12PM

2/2- It's How We Live Health & Wellness Expo: Lakeside Community Center/Lindo Lake, 9841 Vine St., Lakeside 92040. 9 AM-12 PM

2/2 Encinitas Senior Health & Wellness Expo: Encinitas Community & Senior Center, 1140 Oakcrest Park Dr., Encinitas. 10:00AM-2:00PM

2/7- Healthier Living with Chronic Pain (in Spanish): Free 6-week workshop. Thursdays, February 7 – March 14 at Casa Familiar 1901 Del Sur Blvd. 2nd Floor San Ysidro, CA 92173. 9:30AM – 12:00PM

2/11-Fall Prevention Task Force Meeting: 5560 Overland Ave, 3rd Floor, John Gaffaney Room, San Diego, 92123. 1:00-2:00PM

2/11-Health Promotion Committee Meeting: 5560 Overland Ave, 3rd floor, John Gaffaney Room, San Diego, 92123. 2:30-4:00PM

2/16-Champagne Village Health, Wellness and Resource Fair: Village Hall, 8975 Lawrence Welk Dr., Escondido 92026. 10:00AM-1:00PM

2/19-Fall Prevention Task Force Meeting: North County Chapter: Tri-City Wellness Center, 250 El Camino Real, Carlsbad, 92009. 1:00PM-2:30PM

2/21-ECAN Meeting: El Cajon Library Community Room, 201 E. Douglas Ave. El Cajon, 92020. 1-3PM.

2/21- Healthier Living with Diabetes: Free 6-week workshop. Thursdays, February 21st – March 28th at the JFS College Avenue Center, 6299 Capri Drive San Diego, CA 92120. 9:30AM – 12:00PM

2/26-SanDiCAN General Meeting: War Memorial Building 3325 Zoo Dr., San Diego, 92101. 10:30AM -Noon

2/26-NorCAN Meeting: The Foundation for Senior Well-Being, Panorama Building, 131 Richmar Avenue, San Marcos, 92069. 1-2:30PM

2/26-SoCAN General Meeting: Bonita-Sunnyside Branch Library Community Room, 4375 Bonita Rd., Bonita 91901 1:00-3:00PM

2/28-Caregiver Coalition General Meeting: Burn Institute, 8825 Aero Drive, San Diego 92123. 10:00am -11:30am.

March 2019

3/6-Spring into Healthy Living: McGrath Family YMCA, 12006 Campo Rd. Spring Valley, 91978. 9-12PM.