

East County Health & Community Resource Fair

Join us for Health Literacy Day at the Grossmont Healthcare District! Learn how you can prioritize your health and well-being by taking advantage of the resources available at your local East County community-based organizations. This free resource fair is open to the public of all ages. Please save the date to attend this upcoming event.

SD BLOOD BANK BLOODMOBILE (12-5:30 PM) • RAFFLE PRIZE GIVEAWAY



Visit bit.ly/ghdblooddrive to schedule your blood donation appointment. Walk ins will also be available.

Friday, October 13th | 1-3 PM
9001 Wakarusa St. La Mesa, CA



Grossmont Healthcare District's
Health & Wellness Library

An East County community resource

619.825.5010

ghdhealthlibrary.org