



Stop by our Parish Nurse table in the courtyard Sunday, July 2 at 9:30 a.m. to learn more about Arthritis.

Walking group will take the month of July off.

Summer is coming! Don't forget to wear your sunscreen and hats! Stay hydrated! Call the parish nurse line at 858-487-2225 ext.7021 or email us at parishnurses@godamong.us if you have any needs.

All messages are confidential.

To Health!

The Parish Nurses

