














November, 2024

UPCOMING EVENTS



For more information, please contact :
 714.751.5805 | info@vacf.org | www.vacf.org
 17150 Newhope St, Ste 201, Fountain Valley, CA 92708

SUN	MON	TUE	WED	THU	FRI	SAT
 <p>Did you know: Over 20 million individuals in the U.S. are affected by at least one substance use disorder. Join our youth leadership classes for middle and high schoolers to learn prevention strategies and how to help yourself and your community.</p>			<p>Did you know:  Practicing deep breathing can help you reduce stress? Inhale for 4 sec, hold for 4 sec, and exhale for 4 sec.</p>		<p>1 Covered California open enrollment starts. Contact VACF for assistance. Food Pantry 2:00pm - 4:00pm</p>	<p>2 Food Distribution 10:00am - 12:00pm</p>
<p>3</p> <p>Did you know: Everyone 6 months and older should get an updated COVID-19 vaccine for 2024-2025. Register at https://myturn.ca.gov/</p> 	<p>4</p>	<p>5 Food Pantry 2:00pm - 4:00pm</p>	<p>6</p>	<p>7 Food Pantry 2:00pm - 4:00pm</p>	<p>8 Food Pantry 2:00pm - 4:00pm</p>	<p>9 Vietnamese Cancer Support Group 10:00am - 12:00pm</p>
<p>10</p> <p>Did you know:  Fixing leaks at home can save up to 90 gallons of water a day.</p>	<p>11</p>	<p>12 Food Pantry 2:00pm - 4:00pm All of Us Education Session 2:00pm - 4:00pm</p>	<p>13 LUNG CANCER AWARENESS</p> 	<p>14 Food Pantry 2:00pm - 4:00pm</p>	<p>15 Food Pantry 2:00pm - 4:00pm</p>	<p>16</p> 
<p>17</p> <p>Did you know:  All of Us data from over 6,300 female participants has shown that high levels of total cholesterol are related to a higher risk of breast cancer. Contribute to a healthier future by joining at JoinAllofUs.org/VACF.</p>	<p>18</p>	<p>19 Food Pantry 2:00pm - 4:00pm Wreath Making for Adults 2:30pm - 4:00pm</p>	<p>20 All of Us Enrollment and Sample Collection 9:00am - 2:00pm</p>	<p>21 Food Pantry 2:00pm - 4:00pm</p>	<p>22 Food Pantry 2:00pm - 4:00pm Vietnamese Webinar: Beating the Holiday Blues 4- 6 pm, Zoom</p>	<p>23 VCH Health Fair Westminster Rose Center 10:00am - 2:00pm</p>
<p>24</p>  <p>All of Us RESEARCH PROGRAM</p>	<p>25</p>	<p>26 Food Pantry 2:00pm - 4:00pm Workshop: Calming Your Worried Mind 2:30pm - 4:00pm</p>	<p>27</p>	<p>28</p> 	<p>29</p> <p>OFFICE CLOSED Happy Thanksgiving! </p>	<p>30</p> 

Information is subject to change

Qigong classes every Tuesday

Health classes are available upon request

  @VACFSocal