





**MINGLE MONDAY: Live Music | Coffee & Pan Dulce** 

Start the week on a high note with live music and morning treats.



**TACO TUESDAY: Taco Bar | Music & Mingling** 

Spice up your Tuesday with a festive taco bar and upbeat music.



**WELLNESS WEDNESDAY: Health Screenings I Financial Coaching | Dental Resources** 

**Prioritize your well-being:** Health screenings by **San Diego Black Nurses Association**, Financial Coaching from **Cal Coast**, Dental care resources from **Logan Heights Dental Clinic**, plus hip-hop step aerobics.



THRIVE THURSDAY: Career Resources I Community Empowerment

Explore opportunities for personal and professional growth with support from the **Center for Employment Training**.



FEEL GOOD FRIDAY: Paletero | Pizza

Celebrate the end of the week with a mix of culture, food, and fun! Enjoy paletas, pizza, and more.

Event schedule, offerings, and participating organizations are subject to change or cancel at any time without prior notice.

