



LA MAESTRA
COMMUNITY HEALTH CENTERS
City Heights · El Cajon · National City · Lemon Grove

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**LA MAESTRA'S ANNUAL GOLF TOURNAMENT WILL PROVIDE ENRICHMENT PROGRAMS FOR
LOW-INCOME YOUTH AND OLDER ADULTS**

Swing for a cause this fall to help empower underserved San Diegans

SAN DIEGO, CA – La Maestra Community Health Centers (LMCHC), a nonprofit 501(c)(3) and a Federally Qualified Health Center will host their annual golf tournament from 11a.m. to 9 p.m. on Friday, September 15, 2017 at Riverwalk Golf Club; located at 1150 Fashion Valley Road, San Diego, CA 92108. All proceeds will go to the organization's Generations Center which offers programs to empower low-income youth, older adults, and women residing in City Heights, San Diego.

For 27 years, LMCHC has been a change agent and anchor for refugee, immigrant and underserved residents in some of San Diego's lowest income and most diverse neighborhoods. The organization currently operates clinic sites in City Heights, El Cajon, Lemon Grove and National City and provides culturally and linguistically competent primary care, dental care, specialty services and essential support services to underserved residents. LMCHC prides itself on being a medical home for more than 44,661 patients annually.

La Maestra's Generations Center in City Heights offers programs for youth ages five to 18, including tutoring; Science, Technology, Engineering, the Arts and Mathematics (STEAM) education, college and career preparation, financial literacy, leadership training and safe recreational and community service activities. Older adults access the center for exercise classes, support groups, job skills and computer training, arts and crafts, gardening and more.

Generations offers free educational and therapeutic art classes for all ages. The Generations art studio is equipped for ceramics, drawing, painting, sculpture, music, jewelry-making and silk-screening. The program also offers temporary exhibits and a permanent collection of art by emerging and established regional artists; collaborative art projects; opportunities for artists-in-residence and a new retail gallery.

This year's golf tournament will allow the program to purchase needed supplies and to serve more individuals in City Heights. To sign up for the tournament and dinner immediately following the event, please go to LaMaestraGolf2017.eventbrite.com or to become a sponsor, please contact Gloria Sosa at (619)584-1612 ext. 3111 or gsosa@lamaestra.org. All donations are tax-deductible and various levels of sponsorship and donation are available.

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About La Maestra Community Health Centers: La Maestra Family Clinic, Inc., doing business as (d.b.a) La Maestra Community Health Centers is a nonprofit, 501(c)(3) and a Federally Qualified Health Center (FQHC). For more than 27 years, the organization has served immigrant, refugee, uninsured, and underinsured populations living in the underserved communities of central, east, and south San Diego County, California. Today, La Maestra operates five medical clinics, ten dental suites, four school-based sites, a mobile medical and dental unit, and a mobile mammography coach. Since its founding, La Maestra has been committed to its mission to provide quality health care and education; to improve the overall wellbeing of the family; bringing the underserved, ethnically diverse communities into the mainstream of our society through a caring, effective, culturally and linguistically competent manner, respecting the dignity of all patients.

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