WELCOME SATURDAYS

HOT BREAKFAST
SHOWERS (everything provided)
PACK A LUNCH FOR LATER
HAIRCUTS ~ BLOOD PRESSURE CHECKS
and more!
EVERYTHING IS FREE!

SECOND SATURDAY OF EVERY MONTH, 9am – 12pm
VISTA LA MESA CHRISTIAN CHURCH
4210 MASSACHUSETTS AVE, LA MESA
(Just off #7 bus line on University)