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Park cleanup, childbirth classes, free mammograms and other news items



Ramona Community Park (Sentinel file photo)

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Park cleanup volunteers

Volunteers are welcome at the Restore [Ramona Cleanup](#) at Ramona Community Park, also called Wellfield Park, on Saturday, Oct. 7, from 10 a.m. to noon. Ramona Parks and Recreation Association and I Love A Clean San Diego are coordinating the cleanup. Volunteers will meet at 913 Elm St. They are encouraged to bring their own water bottles, work gloves and buckets.

All volunteers must complete a waiver form, and volunteers age 17 and younger need a parent's or guardian's signature.

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The next four-session childbirth preparation series at Ramona Pregnancy Care Clinic will start on Sunday, Oct. 8, and continue on Sundays through Oct. 29. Classes are free and are from 2 to 4:30 p.m. and prepare mother and coach for the baby's birth in a hospital, birth center or at home.

Among topics covered are: Choices available, nutrition during pregnancy, medical intervention, different drugs and medications offered in a hospital, natural pain relief, birth plan and emergencies. Also covered are breastfeeding and new baby information. The clinic is at 1530 Main St., Suite 6, and may be contacted at 760-789-7059 for more information or to register.

Surviving the Holidays

A Surviving the Holidays GriefShare meeting will be held Sunday, Nov 5, from 1:30 to 4 p.m. at Mountain View Community Church, 1191 Meadowlark Way. To register or for more information, call 760-789-4798 or 760-789-1634.

Free Mammograms

North County Health Services Ramona Health Center, 217 Earlham St., will offer free mammograms to women who qualify on Wednesday, Oct. 18, from 8 a.m. to noon. Women age 40 and older who meet income guidelines qualify. Health education and goody bags will be offered. For more information, call 760-736-6727. Statistics show that one in eight women are diagnosed with **breast cancer** in their lifetime. Early detection saves lives, medical professionals agree.

River park meeting canceled

The San Dieguito River Park Citizens Advisory Committee meeting scheduled for Oct. 6 has been canceled, according to an email from the park's joint powers authority office. The next Citizens Advisory Committee meeting will be Friday, Nov. 3, at 10:30 a.m. in the San Rafael Parish Pastoral Center, Rooms D and E, 17252 Bernardo Center Drive, Rancho Bernardo.

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This article is related to: [Ramona](#), [Breast Cancer](#)