



GET MOVING

April 24, 2017

12:10 – 12:55pm

It's always a good time to start a fitness routine — or change one that's not working for you anymore. Whether you've set a new goal to live a more active life or you're trying to stay motivated, the key is finding activities you love. If you're like most people, you know you could be more active and probably even want to be but you could use some help figuring out where to start. Come to *Get Moving* and get the tools you need!

LOCATION:

SFHSS Wellness Center
1145 Market Street, Suite 100
San Francisco, CA 94103
(415) 554-0643

NO RSVP REQUIRED.