

# MARCH 2017

## GROUP EXERCISE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>HSS WELLNESS CENTER</b> 1145 Market St., Suite 100	<b>12:10 – 12:55pm</b> YOGA <i>(Limit 30)</i>  <b>1:10 – 1:55pm</b> TOTAL BODY TONING	<b>12:10 – 12:55pm</b> TOTAL BODY CONDITIONING <i>(Limit 20)</i>  <b>1:10 – 1:55pm</b> BELLYWOOD  <b>5:15 – 6:00pm</b> ZUMBA®	<b>12:10 – 12:55pm</b> ZUMBA® <i>(Limit 35)</i>  <b>1:10 – 1:55pm</b> YOGA  <b>5:15 – 6:00pm</b> INTERVAL TRAINING	<b>12:10 – 12:55pm</b> LATIN DANCE: BACHATA  <b>1:10 – 1:55pm</b> TOTAL BODY TONING  <b>5:15 – 6:00pm</b> ZUMBA®	<b>12:10 – 12:55pm</b> TAI CHI
<b>CITY HALL</b> South Light Court	<b>12:10 – 12:55pm</b> ZUMBA®	<b>12:10 – 12:55pm</b> YOGA	<b>12:10 – 12:55pm</b> TAI CHI	<b>12:10 – 12:55pm</b> YOGA	<b>12:10 – 12:55pm</b> ZUMBA®

CHECK ONLINE FOR ADDITIONAL CLASSES, UPDATES, AND CANCELLATIONS: <http://myhss.org/well-being/exercise/classes.html>

## WELL-BEING EVENTS

LOCATION: 1145 Market Street, Suite 100  
 Unless indicated otherwise.



National Kidney Foundation™

### YOUR KIDNEYS AND YOU

Friday, March 24 | 12:10pm–12:55pm

Do you know where your kidneys are? What they do? Why they are important? If you answered 'no' or 'not sure' to any of these questions, come learn about kidney health! Learn why your kidneys are so important and what you can do to protect them.

**RSVP REQUIRED:**

<https://yourkidneysandyou.eventbrite.com>

### BABIES, BONDING, & BENEFITS

Monday, March 27 | 12:00pm–1:00pm

**PRESENTED BY: Department of Human Resources**

DHR staff will be answering employee questions about leaves, wage replacement options, and city policies related to pregnancy and breastfeeding. Don't forget to bring your lunch!

**NO RSVP REQUIRED.**

**CHECK ONLINE FOR EVENT UPDATES:**

<http://myhss.org/well-being/events.html>

**QUESTIONS?** Call 415-554-0643 or email [wellness@sfgov.org](mailto:wellness@sfgov.org)

### MEAL PLANNING

Friday, March 10 | 12:10pm–12:55pm

Meal planning is a great way to make sure you're eating a balanced diet and meeting your nutritional needs. Furthermore, meal planning can save you time and money. This training empowers you to learn the steps of meal planning in order to eat fresh meals from home and work, allowing for improved health management as well as saved time and money.

**NO RSVP REQUIRED.**

### YOUR STRONG & HEALTHY BACK

Thursday, March 23 | 12:10pm–12:55pm

**LOCATED AT:** SF Main Public Library, 100 Larkin Street  
 Inside the 5th Floor Learning Studio *(near the bridge)*

**HOSTED BY: SFHSS & LIB**

Back Pain contributes to workplace absence and lost productivity. Learn how to protect and strengthen your back: Practice posture, positioning, stretches, and gentle back exercises.

**NO RSVP REQUIRED.**

*Participation in activities at the SFHSS Wellness Center is strictly voluntary. Before embarking on any physical activity program, you should consult your personal health care provider. Participating in physical activity may involve certain risks and you assume all associated risks. Any injuries suffered in conjunction with participation shall not be subject to reimbursement under any workers' compensation law or any other applicable law.*