

# JUNE 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 <i>(Last class 6/12)</i>	<b>11:10 – 11:55am</b> BELLYWOOD  <b>12:10 – 12:55pm</b> TOTAL BODY CONDITIONING <i>(Limit 20)</i>	<b>12:10 – 12:55pm</b> ZUMBA® <i>(Limit 35)</i>  <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®

**CLASS CANCELED?** Come in during Open Use for your own physical or relaxation routine.  
 Monday–Friday, 11:00am–12:00pm & 1:00–2:00pm

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.*

### KEEP PLAY AS THE BEST PART OF YOUR DAY

The Play Your Way 30-Day Challenge was designed to help you focus on getting movement into your day in fun ways that lead to connecting socially with others, exploring new movement activities, and benefiting from the relaxation benefits of a good workout. Now that the Challenge is over, keep up your good habits by using our [Play Your Way Resources](#) and be sure to not miss out on our Grand Prizes by:

- Completing the [Evaluation Survey](#). Were you successful? Did you tool work for you? How did you explore new ways to move more? Tell us about your experience during the 30-Day Challenge.
- Sharing your Play Your Way Story. [Download our Play Your Way Story Template](#), complete the sections, provide a photo, and send it back to [wellness@sfgov.org](mailto:wellness@sfgov.org).

### WELLNESS COACHING

June 13-14 and 27-28 | **10:00am–2:00pm**

Get the support you need to make your well-being goals come true. Work with the Wellness Coach one-on-one to identify practical strategies you can try such as increasing the number of fruits and vegetables you consume or obtaining ways to incorporate healthier food options into your daily diet. Discuss obstacles and learn more skills to be successful.

**Call 415-554-0643 or email [wellness@sfgov.org](mailto:wellness@sfgov.org) to schedule your FREE 20-minute appointment.**

*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.*

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## WELL-BEING EVENTS

### BACK INJURY PREVENTION

June 9 | 12:10–12:55pm & June 16 | 2:00–3:00pm

**PRESENTED BY:** Nancy Terranova, Department of Public Health

This 60-minute DPH Back Injury Prevention training class will teach you to recognize injury risk factors, how to protect your upper extremities and safe lifting techniques. Course content is appropriate for workers interested in learning general body mechanics to help approach the physical demands of their job duties safely. The course does not address patient lifting techniques.

**With supervisor approval, employees can use work time to attend training.**

### MEDITATION

June 5 & 19 | 12:10–12:55pm

Meditation reduces stress, calms your emotions, increases self-awareness, uplifts your mood and improves your concentration. Meditation is a powerful tool for accessing your creativity, your inner wisdom and developing your intuition.

Learn basic breathing techniques to energize your body. Give yourself the gift of silent, peaceful state of rest by exploring and understanding the basics of meditation practice (no religious influence). Attend one or both sessions.

### MAKING WORK, WORK

June 16, 23, 30, & July 14  
12:10–12:55pm

These 4 skill-based workshops can help improve your work experience and sense of personal wellbeing. Being able to manage stress and manage your own emotions is essential for wellbeing. Learning to communicate effectively and handle difficult people can have a positive impact on your work environment. Join EAP for these 4 counselor-facilitated workshops to learn and practice skills to make work, work for you.

#### RSVP REQUIRED:

<https://eapmakingworkwork.eventbrite.com>

**With supervisor approval, employees can use work time to attend training.**

#### 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)