



WELLNESS COACHING

June 2017

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 to schedule your **FREE 20-minute appointment.**

LOCATION:

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

APPOINTMENTS AVAILABLE:

June 13 & 14, 10:00am-2:00pm
June 27 & 28, 10:00am-2:00pm