

JULY 2017

GROUP EXERCISE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HSS WELLNESS CENTER 1145 Market St., Suite 100	12:10 – 12:55pm YOGA (Limit 30)	11:10 – 11:55am BELLYWOOD 12:10 – 12:55pm TOTAL BODY CONDITIONING (Limit 20)	PREREGISTRATION REQUIRED 12:10 – 12:55pm* ZUMBA® (Limit 35)	12:10 – 12:55pm LATIN DANCE: BACHATA 1:10 – 1:55pm TOTAL BODY TONING 5:15 – 6:00pm ZUMBA®	12:10 – 12:55pm TAI CHI
CITY HALL South Light Court	12:10 – 12:55pm ZUMBA®	12:10 - 12:55pm YOGA	12:10 - 12:55pm TAI CHI	12:10 – 12:55pm YOGA	12:10 – 12:55pm 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

NEW! PING PONG TABLE

Come use our newly added ping pong table during open use hours.



***NOTICE: Preregistration Required for ZUMBA**
 Wednesdays at the Wellness Center

Register online: <https://wellnesscenterwedzumba.eventbrite.com>

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.

FOOD DEMONSTRATION

July 25 | 12:10pm–12:55pm

Join us for an interactive and engaging live food demonstration where the presenter will teach you how to create healthy summer meals. Learn new meal ideas and how to combine colorful fruits and vegetables into a tasty, satisfying meal. Samples offered.

RSVP REQUIRED: <https://fooddemo.eventbrite.com>

CHECK ONLINE FOR EVENT UPDATES:

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

QUESTIONS? Call 415-554-0643 or email wellness@sfgov.org

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.

SEE OTHER SIDE FOR MORE EVENTS.

JULY 2017

WELL-BEING EVENTS

MANAGING FOR SUCCESS

July 11, 18, 25, & August 8, 15 | 10:00am–12:00pm

PRESENTED BY: Jeff Lintner, LMFT, CEAP,
Sr. Employee Assistance Counselor

This 5 part series offers a highly interactive opportunity to help you be your best as a management professional.

Learn and practice skills:

- For managing your stress
- To improve the effectiveness of your communication
- To feel more confident in dealing with conflict

Learn about your management style through an evidence-based assessment tool:

- For managing your stress
- To improve the effectiveness of your communication
- To feel more confident in dealing with conflict

RSVP REQUIRED: <https://eapmanagingforsuccess.eventbrite.com>
For more information call EAP: 800-795-2351 or 415-554-0610

HEALTHY WEIGHTS SERIES

Register by: July 19, 2017

Program starts: July 21, 2017

Your weight is more than a number on a scale - it's how you feel every day, inside and out. Maintaining a healthy weight means making small changes that add up to big success. No matter what your goal is — boost your confidence, fit into your favorite jeans, get your family's weight on track, reduce or prevent health problems — we've got the information and tools to help you succeed.

It's easier together:

In this three-month program, we'll help you tackle issues in your day-to-day life that make weight loss difficult, such as stress, lack of sleep, easy access to unhealthy food, and finding time to exercise. Learn how making healthy lifestyle choices, including regular exercise, proper nutrition, and keeping a positive attitude, can help you lose weight and keep it off. During this program, you'll learn to adopt healthier behaviors and attitudes for long term weight loss. You'll also be able to connect with others in this group setting who are also working to lose weight. Before and after weight screening is optional.

PROGRAM DETAILS:

1. Register today: <https://hsshealthyweight2.eventbrite.com>

2. Orientation: 7/21 Come for an orientation which will provide participants with an overview of the program. You MUST attend the orientation to continue in the program.

3. 6 Weeks of Classes: 7/28–9/1. Topics include: weight, nutrition, exercise, stress, and staying motivated

4. Group Coaching: Put what you learned during class into action! Work with the coach to set and meet your goals. 9/8–10/3

5. Celebration: 10/20 from 12pm–1pm