



# FREE 20-MINUTE WELLNESS COACH

*Schedule your appointment today!*

## **Wednesdays in December**

This holiday season, meet with a Coach to help you establish healthy habits that meet your needs and lifestyle.

Make an appointment to work with a Coach so you can avoid holiday temptations, manage your weight, quit smoking, eat healthier, exercise more, or reduce your stress.

**In-person or telephonic appointments are available on Wednesdays, 10:00AM - 2:00PM.**

**Last day to meet with the Coach is 12/20/17**

### **LOCATION:**

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

**TO SCHEDULE:** Email  
[wellness@sfgov.org](mailto:wellness@sfgov.org)