

# APRIL 2018

## GROUP EXERCISE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>CATHERINE DODD WELLNESS CENTER</b> 1145 Market St., 1 <sup>st</sup> Floor	<b>12:10 – 12:55pm</b> YOGA (Limit 30)  <b>1:10 – 1:55pm</b> TOTAL BODY TONING	<b>12:10 – 12:55pm</b> TOTAL BODY CONDITIONING (Limit 20)	<b>12:10 – 12:55pm</b> ZUMBA® (Limit 35)  <b>1:10 – 1:55pm</b> FELDENKRAIS  <b>5:15 – 6:00pm</b> INTERVAL TRAINING	<b>12:10 – 12:55pm</b> LATIN DANCE: BACHATA  <b>5:15 – 6:00pm</b> ZUMBA®	<b>12:10 – 12:55pm</b> TOTAL BODY CONDITIONING (Limit 20)
<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/exerciseclasses.html>

## WELL-BEING EVENTS

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

### WALK, REUSE, RECYCLE

Shoe Donation | April 2 - 27

Is your closet cluttered with unwanted shoes? According to the [San Francisco Department of Environment](#), textiles are one of the top five materials that San Franciscans send to the landfill. In support of Earth Day, April 22, 2018, help reduce waste and create a sustainable environment by donating your unwanted reusable shoes.

The St. Anthony Foundation collection box is available at the Catherine Dodd Wellness Center, 1145 Market Street, 1<sup>st</sup> Floor, M-F, 8:00am – 4:00pm from April 2-27.

### FELDENKRAIS

Wednesdays, 1:10-1:55pm

Increase self-awareness and improve function through movement. The Feldenkrais Method® is a powerful and revolutionary approach to improving your life that uses gentle, mindful movement to bring new awareness and possibility into every aspect of your life. Feldenkrais can help with posture, balance, movement difficulties, athletes, injuries, performers and more! Check out Feldenkrais for FREE on Wednesdays at the Wellness Center.

### CLASS CANCELLATIONS

- 4/12 – Latin Dance: Bachata
- 4/23 – Zumba at City Hall

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

Participation in activities at the HSS Wellness Center is strictly voluntary. Before embarking on any physical activity program, I should consult my personal health care provider. Participating in physical activity may involve certain risks and I 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



### COLORFUL CHOICES STARTS

Monday, April 16

**Ready to boost your energy, improve your mood, and feel your best?**

Research shows that eating five servings a not only makes us feel better, but can also give us more energy, make us healthier and help us manage our weight. Spring into healthy habits this April by adding fruits and vegetables to every meal and snack with Colorful Choices.

**Take the Colorful Choices Challenge:**

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

Join the simplest nutrition program ever. Just track your produce and aim for at least 5 servings of fruits and vegetables a day.

- 6-weeks: April 16 - May 27
- Individual or team challenge
- Track on the mobile app or online
- Family can participate too
- 5 chances to win over 1000 prizes

Learn more about Colorful Choices by watching this short [video](#).

To help you succeed, the Wellness Center will have:

- **Nutrition Jeopardy, April 12 from 12:10-12:55pm**  
Join other participants in a fun game to test your knowledge around fruits and vegetables. Get a jump start on the challenge by discovering tips on how to get your 5 servings of color every day.  
**RSVP required:**  
<https://hssnutritionjeopardy.eventbrite.com>

### OFFICE ERGONOMICS

Wednesday, April 25 | 9:00 - 11:00am

When ergonomic principles are applied in the work environment, visual and musculoskeletal discomfort and fatigue can be significantly reduced. By making adjustments to your work area and personal practices, you can minimize the risk factors that can contribute to injuries. HSS has partnered with the Department of Public Health to bring monthly Ergonomics Trainings for employees to the Wellness Center. Employees can attend this 2-hour class during the work day with supervisor approval.

**Registration Required:**

<https://2018ergotraining.eventbrite.com>

**For a complete list of trainings from April to June visit:**

[http://myhss.org/well-being/downloads/OfficeErgonomics\\_Flyer.pdf](http://myhss.org/well-being/downloads/OfficeErgonomics_Flyer.pdf).

### WALK TO WORK DAY SF

Thursday, April 5

**Celebrate the most enjoyable form of transportation:**

**walking!** If you live or work in San Francisco, you can participate. Even if you work far away or across the Bay, just walk part of your commute. Swing by one of the [Walk to Work Day Hubs](#) to enjoy **FREE coffee** and other treats, and enter to win **prizes**. **For more information visit** [www.walksf.org](http://www.walksf.org)

### HEALTHY WEIGHT PROGRAM

SF Main Library, 100 Larkin Street

Starts 4/27, 12:00-1:00pm

In this 12-week program, we'll help you tackle day-to-day issues that make weight loss difficult, such as stress, lack of sleep, easy access to unhealthy food, and finding time to exercise. 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.

Register Today: <https://libhealthyweightapril2018.eventbrite.com>