

JUNE 2018

GROUP EXERCISE

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|---|---|--|
| CATHERINE DODD WELLNESS CENTER 1145 Market St., 1 st Floor | 12:10 – 12:55pm YOGA (Limit 30) 1:10 – 1:55pm TOTAL BODY TONING | 12:10 – 12:55pm TOTAL BODY CONDITIONING (Limit 20) 1:10 – 1:55pm TAI CHI 5:15 – 6:00pm ZUMBA® | 12:10 – 12:55pm ZUMBA® (Limit 35) 1:10 – 1:55pm FELDENKRAIS 5:15 – 6:00pm INTERVAL TRAINING | 12:10 – 12:55pm YOGA VIDEO & OPEN USE 5:15 – 6:00pm ZUMBA® | 12:10 – 12:55pm TOTAL BODY CONDITIONING (Limit 20) |
| CITY HALL South Light Court | 12:10 – 12:55pm ZUMBA® | 12:10 – 12:55pm YOGA | (STARTS 6/13) 12:10 – 12:55pm TAI CHI | 12:10 – 12:55pm YOGA | 12:10 – 12:55pm ZUMBA® |

CHECK ONLINE FOR ADDITIONAL CLASSES, UPDATES, AND CANCELLATIONS: <http://sfhss.org/well-being/exerciseclasses.html>

WELL-BEING EVENTS

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

OPEN USE HOURS

The Wellness Center is available for Open Use Monday-Friday, 11:00am-12:00pm and 1:00-2:00pm. To use the space during another time, please call 415-554-0643. Open Use Hours may not be available due to scheduled events in the Wellness Center.

CLASS CANCELLATIONS:

- 6/1 – Zumba at City Hall
- 6/4 – Zumba at City Hall
- 6/5 – Yoga at City Hall
- 6/6 – Interval Training at Wellness Center
- 6/13 – Feldenkrais at Wellness Center

COLORFUL CHOICES CELEBRATION

For Colorful Choices Challenge Participants Only

Thursday, June 28, 2018 || 12-2pm

Colorful Choices participants, join us for a celebration at the Wellness Center.

- Nutrition games and opportunities to win prizes
- Read stories and contest submissions from participants
- Prize distribution (note: prize winners will be notified by email)
- Light refreshments

We have limited availability so RSVP today at:

https://colorfulchoices_celebration2018.eventbrite.com

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

Participation in activities at the 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.

JUNE 2018

WELL-BEING EVENTS

RECHARGE ACTIVITY FAIR

Thursday, June 14, 2018 || 11:00am - 2:00pm

Get ready to **Reset, Relax, Refresh, and RECHARGE**. Join us as we kick off RECHARGE, starting on June 25th. Come learn daily activities that you can do to help reduce stress, improve energy, increase focus and release tension.

Activities include:

- Join yoga, Tai Chi, and stretching demos from 12-2
- Spend time at the Relaxation Stations
- Take a minute & enjoy the RECHARGE Room
- Register for RECHARGE & pick up your Tracker
- Enjoy light refreshments
- Measure your blood pressure
- Learn about RECHARGE Week (6/18-22)
- Enter to win raffle prizes & more!

RECHARGE WEEK

June 18 - 22, 2018

- Join us for 15-minute stretching, breathing, meditation, and chair yoga breaks every day at 10 and 3.
- Attend the RECHARGE seminar on June 21.
- Everyone who participates will receive a prize.
- A grand prize winner of a FitBit will be chosen each day during the week.

For more information visit: http://myhss.org/well-being/downloads/RECHARGE_Week.pdf. **No RSVP Required.**

BACK INJURY PREVENTION

Thursday, June 7, 2018 || 10:00 - 11:00am

Wednesday, June 13, 2018 || 2:00 - 3:00pm

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. **Two training dates offered. With supervisor approval, employees can use work time to attend this training.**

RSVP Required. Register at:

<https://sfhssbacksafetyclass.eventbrite.com>

ERGONOMICS TRAINING

June 20, 2018 || 9:00am - 11:00am

Ergonomics is the science that studies how to best make the work environment fit the worker. The goal of ergonomics is to help prevent injury and increase comfort and productivity. 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 the monthly Ergonomics Training for employees to the Wellness Center. **Employees can attend this 2-hour class during the work day with supervisor approval. RSVP required.**

To view additional training dates and to register visit: <https://2018ergotraining.eventbrite.com>

HEALTHY WEIGHT PROGRAM

Begins June 7th || 12:00 – 1:00pm

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, we've got the information and tools to help you succeed.

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. Before and after weight screening is optional.

Register Today:

<https://hss1145markethealthyweight.eventbrite.com>