

JULY 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 5:20 – 6:20pm INTERVAL TRAINING	11:00am – 2:00pm OPEN USE & VIDEO WORKOUTS 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	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 also available for Open Use. Choose to do your own workout routine **MTWF 11:00-12:00 or 1:00-2:00 and 11-2 on TH.**

Interested in using the Wellness Center at another time? Email us at wellness@sfgov.org.

Open Use Hours may be unavailable due to scheduled events in the Wellness Center.

NEW! PING PONG TABLE

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



CLASS CANCELLATIONS

- 7/4 – HOLIDAY (All Classes)
- 7/6 – Zumba at City Hall
- 7/11 – Tai Chi at City Hall
- 7/17 – Tai Chi at Wellness Center
- 7/19 – Yoga at City Hall

QUESTIONS? Call 415-554-0643 or email 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.

JULY 2018

WELL-BEING EVENTS



RECHARGE

Reset, Relax, and RECHARGE

Two of the simplest ways to manage stress and increase your focus and energy are by breathing and stretching. Both activities initiate the relaxation response which slows heart rate, lowers blood pressure, and reduces tension in your muscles. And you can do them anytime, anywhere. Learn to reset, relax, and RECHARGE today!

Register today! Create a RECHARGE Routine 6/25-8/5

Find stretching and breathing videos and other resources at: <http://myhss.org/well-being/recharge>

WELLNESS COACHING

Thursdays, Starting July 19

Get the support you need by working with the Wellness Coach one-on-one to set goals around **practical strategies to help you manage stress**. You will have the opportunity to develop a personalized plan and get support to help you in times of stress. Discuss obstacles and learn skills to be successful.

Register today to reserve your spot!
<https://hsswellnesscoach.eventbrite.com>

Free 20-minute appointments on Thursdays 10:00am-2:00pm (7/19, 7/26, 8/2, & 8/9). It is recommended that you meet with the Wellness Coach for a minimum of 2-4 sessions.

ERGONOMICS TRAINING

Wednesday, July 25

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.

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

For a complete list of trainings from July to December visit http://myhss.org/well-being/downloads/OfficeErgonomics_Flyer.pdf. Register for the class that works best for you.

EMPLOYEE ASSISTANCE PROGRAM

Employee Assistance Counselors are available at the Wellness Center by appointment. Services are free, voluntary, and confidential.

Call 415-554-0610 or 800-795-2351.

WE'RE HERE *For You*