

APRIL 2019

GROUP EXERCISE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CATHERINE DODD WELLNESS CENTER 1145 Market St., 1 st Floor	12:10 – 12:55pm YOGA <i>(Limit 30)</i> 1:10 – 1:55pm TOTAL BODY TONING	12:10 – 12:55pm TOTAL BODY CONDITIONING <i>(Limit 20)</i> 1:10 – 1:55pm TAI CHI	12:10 – 12:55pm ZUMBA® <i>(Limit 35)</i> 1:10 – 1:55pm FELDENKRAIS 5:15 – 6:00pm YOGA	12:10 – 12:55pm PILATES 5:15 – 6:00pm NEW CLASS: CARDIO JAM <i>(Starts 4/4)</i>	12:10 – 12:55pm YOGA <i>(Limit 30)</i>
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/wellness-center>

WELL-BEING EVENTS

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

CLASS UPDATES:

New Class – Cardio Jam with Belle, Thursdays 5:15-6:00pm at the Wellness Center (Starts 4/4)

Cardio Jam is a fun high energy, fat burning exercise that combines body sculpting exercises and weights to get you moving. This class includes some light weights, interval training exercises and dance moves that will get you to burn those excess calories.

Upcoming Cancellations:

- 4/25 – Yoga at City Hall

View updates here: <http://sfhss.org/class-cancellations>

WALK TO WORK DAY SF

Wednesday, April 10 | 7:30 - 10:00am

Join the fun and walk to work or part of your commute on April 10th. Swing by one of the [Walk to Work Day Hubs](#) to enjoy FREE coffee, giveaways, and enter to win prizes.

Come visit the Well-Being Team and our partners from the Mayor's Office on Disability at the Mid-Market Hub, 1155 Market Street.

For more information visit:

<https://walksf.org/events/walk-to-work-day/>

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.

APRIL 2019

WELL-BEING EVENTS

WALK, REUSE, RECYCLE

Shoe Donation | April 1 - 30

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, 2019, help reduce waste and create a sustainable environment by donating your unwanted reusable shoes.

The St. Anthony Foundation collection bin is available at the Wellness Center, 1145 Market Street, 1st Floor, M-F, 8:00am-4:00pm from April 1-30.



COLORFUL CHOICES STARTS APRIL 1ST

Take the Colorful Choices Challenge:

<http://sfhss.org/well-being/colorful-choices>

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 1 - May 12
- Individual or team challenge
- Track on the mobile app or online
- Family can participate too
- 5 chances to win prizes

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

OFFICE ERGONOMICS

Tuesday, April 16 | 9:00 - 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. SFHSS 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://ergotraining.eventbrite.com>

KITCHEN MEDICINE

Thursday, April 18 | 12:10 - 12:55pm

Kitchen Medicine is the art and science of simple techniques that blend foods and herbs to support your ongoing desire to be vibrant, happy, and well. Learn how eating well can be good medicine with tips and tools of traditional eastern medicine combined with current, cutting edge discoveries about health and nutrition.

No RSVP Required.