

# JANUARY 2019

## GROUP EXERCISE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>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>5:15 – 6:00pm</b> ZUMBA®	<b>12:10 – 12:55pm</b> ZUMBA® (Limit 35)  <b>1:10 – 1:55pm</b> FELDENKRAIS  <b>5:15 – 6:00pm</b> YOGA	<b>12:10 – 12:55pm</b> PILATES (NEW TIME)  <b>5:15 – 6:00pm</b> ZUMBA®	<b>12:10 – 12:55pm</b> YOGA
<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®

### 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.

### CLASS CANCELLATIONS:

- Thursdays Total Body Conditioning – Cancelled Indefinitely
- 1/2 - Feldenkrais at Wellness Center
- 1/4 - Zumba at City Hall
- 1/8 & 1/17 – Yoga at City Hall
- 1/23 – Tai Chi at City Hall
- 1/21 - HOLIDAY (All Classes)
- 1/28 – Zumba at City Hall

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

### GROUP EXERCISE POLICY

- Classes are for CCSF employees and SFHSS members.
- Classes are for adults 18 years and older.
- Comfortable and supportive shoes must be worn at all times for classes with the exception of Yoga.
- Sign in at the check-in computer upon your arrival (Wellness Center only).
- Please bring a water bottle.
- Participants are encouraged to bring a small hand towel.
- Please wipe down equipment when class is over (Wellness Center and yoga mats at City Hall).
- Class sizes may be limited.
- Please minimize disruptions to classes by trying to be on time and staying until the end.

**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.*

# JANUARY 2019

## WELL-BEING EVENTS

### Maintain. Don't Gain

Congratulations to those of you who committed to making your holiday season a little healthier by participating in the Maintain, Don't Gain challenge. You're starting 2019 on a healthier foot!

### MAKE 2019 DIFFERENT!

Skip the unrealistic goals and focus your attention where you need it the most.

- **Know Your Numbers:** Free 20-minute health screenings will be offered at work locations across the City.

Registration is required, and a limited number of appointments are available.

Visit <http://myhss.org/well-being/events.html> for more information.

- **Get Support:** Changes take time to become habits that we keep. Join a program that can support your well-being goals.

Learn more about the 7-week Healthy Weight Program, or make a year-long commitment to get support from a Lifestyle Coach with the Diabetes Prevention Program. To find out more about these programs visit <http://myhss.org/well-being/>.

### OFFICE ERGONOMICS

January 15, 2019 | 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. 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://ergotraining.eventbrite.com>

For a complete list of 2019 trainings visit

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