

FEBRUARY 2018

GROUP EXERCISE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HSS 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)	12:10 – 12:55pm ZUMBA® (Limit 35) 1:10 – 1:55pm FELDENKRAIS 5:15 – 6:00pm INTERVAL TRAINING	12:10 – 12:55pm LATIN DANCE: BACHATA 1:10 – 1:55pm TOTAL BODY TONING 5:15 – 6:00pm ZUMBA®	12:10 – 12:55pm TAICHI
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.

FEBRUARY IS HEART HEALTH AWARENESS MONTH

According to the American Heart Association, being physically active is important to prevent heart disease and stroke. Aim for 30 minutes of moderate-intensity aerobic activity at least 5 days per week. Aerobic exercises benefit your heart, and include activities like, walking, jogging, swimming or biking.

Check out these class offerings that can help improve your heart health (see schedule above):

- Zumba
- Total Body Conditioning
- Interval Training

CLASS CANCELLATIONS

- 2/2 – Tai Chi at the Wellness Center
- 2/2 – Zumba at City Hall
- 2/7 – Feldenkrais at the Wellness Center
- 2/14 – Tai Chi at City Hall
- 2/19 – HOLIDAY (All Classes)

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.

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.

FEBRUARY 2018

WELL-BEING EVENTS

KNOW YOUR NUMBERS EVENT

Friday, February 2, 9:00am - 4:00pm

Kick off the year by attending the Know Your Numbers event to help you understand your risk factors. Participate in interactive games and learn more about the [Live, Feel, and Be Better Every Day in 2018](#) campaign!

Health Screening Appointments

Take time to learn your numbers by attending the free 20-minute health screening. A clinician will measure your glucose, blood pressure, body mass index and body fat percentage. Fasting is not necessary. **Registration is required with limited appointments available.**

Health Screening Appointments - Register here:

<https://1145marketadvancedscreening.eventbrite.com>

To view additional Health Screening events visit:

http://myhss.org/well-being/downloads/ALLScreening_Flyer_Updated122.pdf

WEAR RED to this event for Heart Health Month and be entered in a raffle to win a Fitbit!

HEALTHY EATING AT WORK

Friday, February 23

12:10 – 12:55pm

Learn what healthy eating at work looks like and how you can do it too! In this seminar we'll discuss tips, tricks, ideas and strategies about how eat healthy at work. Topics covered include everyday eating, healthy socials and creating a healthier workspace.

NO RSVP REQUIRED

ERGONOMICS TRAINING

Tuesday, February 27

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.

The February Training will be:

February 27, 2018, 9:00am-11:00am

Registration required:

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

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

NONVIOLENT CRISIS INTERVENTION

Tuesday, February 20, 8:00am – 5:00pm

PRESENTED BY: Jeff Lintner, Sr. EAP Counselor, LMFT, CEAP

Use proven techniques for the prevention and safe management of disruptive or assaultive behavior:

- When prevention, de-escalation and intervention are necessary
- When employees deal with potentially dangerous clients
- When personal safety is threatened

Free training for any employee who may come into contact with a disruptive or potentially violent member of the public.

SPACE IS LIMITED. RSVP REQUIRED. REGISTER AT:

<https://eapcpitraining.eventbrite.com>