

OCTOBER 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) 5:15 – 6:00pm ZUMBA®	12:10 – 12:55pm ZUMBA® (Limit 35) 1:10 – 1:55pm FELDENKRAIS 5:15 – 6:00pm YOGALATES	12:10 – 12:55pm TOTAL BODY CONDITIONING (Limit 20) 1:10 – 1:55pm PILATES 5:15 – 6:00pm ZUMBA®	12:10 – 12:55pm YOGA (Limit 30) 12:10 – 12:40pm WALK@WORK (ENDS 10/19)
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.

CLASS CANCELLATIONS

City Hall

- 10/4 – Yoga
- 10/8 – Zumba
- 10/17 & 10/24 – Tai Chi
- 10/23 – Yoga

Wellness Center

- 10/3 & 10/10 - Feldenkrais
- 10/8 – All Classes (Holiday)
- 10/18 – Pilates
- **10/24-10/30 – All Classes: Come to a SFHSS Benefits Fair**

OFFICE ERGONOMICS TRAINING

Wednesday, November 7, 2018

9:00am – 11:00am

The goal of ergonomics is to help prevent injury and increase comfort and productivity. 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 DPH to bring the monthly Ergonomics Training for employees. 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 visit http://myhss.org/well-being/downloads/OfficeErgonomics_Flyer.pdf.

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.

OCTOBER 2018

WELL-BEING EVENTS

Don't let the flu bring you down.
GET YOUR FREE FLU SHOT
Available at this location during Open Enrollment.



GET A FREE FLU SHOT AT THE WELLNESS CENTER

Thursday, October 25, 2018
8:00am – 5:00pm

A flu shot is the best way to protect yourself, your family and co-workers from seasonal influenza. So take advantage of free flu shots at SFHSS worksite flu shot clinic.

These worksite flu shot clinics are open to employees, retirees and spouses/domestic partners of retirees who receive their medical coverage through SFHSS. Supplies are limited; first come, first served. You can also get a seasonal flu shot at no cost through your medical plan.

- [2018 Calendar Worksite Flu Shot Clinics](#)
- [How to Get a Free Flu Shot Through Your Medical Plan](#)

For more information visit: <http://myhss.org/well-being/flu/index.html>.

OPEN ENROLLMENT

SFHSS, 1145 Market Street, 3rd Floor
October 1 – 31, 2018

San Francisco Health Service System (SFHSS) Benefit Analysts and representatives for the new voluntary benefits (such as disability insurance, legal assistance, and pet insurance) will be on site to accept applications and answer your questions. No appointment is required, you can:

- Add/change your medical and dental plan
- Add or drop dependents from coverage
- Drop ineligible dependents without penalty
- Enroll or re-enroll in an Flexible Spending Account (FSA) for health care or dependent care

Read more about [Open Enrollment](#) and [Voluntary Benefits](#).

It's important to note that you have from October 1st to 31st to change your benefits. Changes will be effective January 1, 2019.

ONE SOUTH VAN NESS BENEFIT FAIR & FLU SHOT CLINIC

Wednesday, October 17, 2018
2nd Floor Atrium
9:00am – 4:00pm

CITY HALL BENEFIT FAIR & FLU SHOT CLINIC

Wednesday, October 24, 2018
South Light Court
9:00am – 3:30pm

SFHSS BENEFITS FAIR

October 25*, 26, 29, & 30, 2018
Catherine Dodd Wellness Center
1145 Market Street, 1st Floor
8:00am – 5:00pm

*Flu shots available at SFHSS on 10/25 only

At the Benefits Fairs you can....

- Meet health plan vendors
- Turn in Open Enrollment forms
- Talk to a SFHSS Benefits Analyst
- Get a flu shot
- Sign Up for Voluntary Benefits (CCSF & CRT employees)
- Receive wellness and EAP resources

Visit <http://myhss.org/well-being/flu/index.html> for additional information on events and worksite flu shot clinics.

PERSONAL SAFETY & AWARENESS

October 22, 2018, 12:00-1:00pm

Join us at the Wellness Center for an engaging discussion about how to be more aware of our surrounding and keep ourselves safe.

RSVP AT: <https://personalsafetyat1145market.eventbrite.com>