

# HEALTHY HABITS PROGRAM

Healthy habits start with small changes that lead to lasting results. Whether you want to feel more confident, manage weight, support your family's health, or reduce health risks, the Healthy Habits Program offers tools to help you succeed.

Join this 6-week program led by a Wellness Coach, featuring guided small-group discussions on nutrition, physical activity, stress management, and motivation.

**Space is limited, [register today!](#)**

**SAN FRANCISCO  
HEALTH SERVICE SYSTEM**

Better Every Day.

## Join one of three cohorts being offered:

1. Wednesdays, Starting 2/11 from 12-1pm
2. Wednesdays, Starting 3/12 from 12-1pm
3. Wednesdays, Starting 4/1 from 12-1pm

## Program Details:

- 6-week program, one-hour virtual sessions
- Topics discussed include motivation, stress, healthy eating, physical activity, and goal setting
- Group discussions led by a trained Wellness Coach
- Participation is voluntary and free.

Visit [sfhss.org/well-being/HealthyHabits](https://sfhss.org/well-being/HealthyHabits) to learn more.



[www.sfhss.org/well-being](https://www.sfhss.org/well-being)