

LIVE FEEL BETTER



SET YOUR GOALS

Get started by setting a goal to prioritize your health. Identify a goal tied to healthy habits that are important to you and focus on this all year long.

WANT HELP CREATING A GOAL?

- Download our [SMART Goal Worksheet](#)
- [Meet with Lifestyle Coach](#)

GET SUPPORT

Sometimes, we need support to get started with a goal. Try one of these programs to help you create a plan on how to stay focused and motivated with your 2023 healthy habit goals.

REGISTER TODAY:

- [Healthy Habits Program](#)
- [SFHSS Events Calendar](#)

LIVE
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START THE YEAR WITH SMART GOALS



[Lifestyle Coach](#) appointments are virtual and will provide you with an opportunity to discuss challenges and opportunities to stay motivated with your goal. Whether it's getting a better sleep, finding work-life balance, getting better with time management, being more active, or adding more greens to each meal – the Coach can help! [Schedule a 20-minute appointment.](#)

- Meet with a Coach for one-on-one support on goal setting and learn about tips and tools to help get you started on your healthy habits.
- Appointments available **February 7, 9, 13, 15 & 17** (10am-2pm)

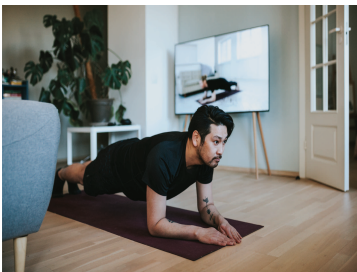
GET SUPPORT WITH YOUR GOALS

We have programs that can help you achieve your wellness goals. In both programs, you'll receive support through a group format and a dedicated Lifestyle Coach. **Save your spot and register today!**



[Healthy Habits Program](#) – Join this 6-week program led by a Lifestyle Coach. Participants will create realistic and sustainable goals and learn how to stay motivated in maintaining healthy habits all-year long.

- Meets **Wednesdays, beginning February 15** (12pm-1pm)



[SFHSS Events Calendar](#) – Attend a seminar or workshop to learn new skills, add new activities or expand your goals to make them more challenging.



Get Started:
sfhss.org/lfb2023

Better Every Day. SAN FRANCISCO
HEALTH SERVICE SYSTEM