

# HEALTHY HABITS PROGRAM



It's how you feel every day, inside and out. Maintaining a healthy weight and practicing healthy habits means making small changes that add up to big success. No matter what your goal is, we've got the information and tools to help you succeed.

Join this 6-week program led by a Lifestyle Coach who will provide guided virtual group discussions that impact healthy behaviors for nutrition, exercise, stress, and staying motivated.

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

**SAN FRANCISCO  
HEALTH SERVICE SYSTEM**

Better Every Day.

## Program Details

- Meets Wednesdays, starts February 9 15th 12:00-1:00pm
- 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 Lifestyle Coach
- Participation is voluntary and free.

Visit [sfhss.org/well-being/HealthyHabits](https://www.sfhss.org/well-being/HealthyHabits) to learn more about the Healthy Habits Program.

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