

**WELL-BEING@WORK**



# Spotlights

## FY 2024-2025

**SAN FRANCISCO  
HEALTH SERVICE SYSTEM**

# ACC: Jumping into Mental Health

San Francisco Animal Care and Control organized an event to foster physical and emotional well-being among staff. As part of the initiative, employees took part in a jump rope challenge aimed at promoting healthy habits and strengthening the workplace community. The event emphasized the message: *“Taking care of your mental health is a strength, not a weakness.”*



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# ACC: Duck Hunt

*SFACC Duck Hunt-June 20<sup>th</sup>-August 3<sup>rd</sup>*

It was just a silly idea Brooke had while she was browsing toys on Amazon. It was supposed to be something for just a few ACA's that she knew would get a kick out of the tiny toys. She did not expect it to grow to the entire team but is happy it gave so many people so much joy. "That was the entire point!" she said.

Brooke spent a lot of time on this because she personally glued each tiny magnet to each toy.



During the hunt it helped people in a lot of ways that she didn't consider... People were moving more, especially SSR team who are confined to the desk more than the ACAs. Areas were being cleaned that had previously been overlooked. It was fun that the staff competed for complete sets or certain pieces. A black market grew so people could swap for what they wanted. It helped the divisions all interact with people they don't normally do so. And of course, there was a killer potluck!

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Animal Care Attendant Brooke Bates  
"The Duck Hunt Mastermind"



"Top Hunters" Karen Jones (R)  
& Maddie Long (L)



## AIR: Emotional Well-Being Fair

The Fair was held in the Aviation Museum in our International Terminal on May 15, 2025. We offered two sessions, a day session and a night session to accommodate our swing and night shift employees. We had over 150+ employees attend the day session and over 160+ attend the night session.

This was our first time offering this fair, a special event designed to support our employees' unique journey towards balance, resilience and self-care.

Our employees had the opportunity to discover the many Emotional Well-Being resources available to them through the San Francisco Health Service System (HSS) health plans, connect with an Employee Assistance Program (EAP) Counselor, and take a moment to unwind with a peaceful 5-minute guided meditation.

The event allowed employees to learn about how to manage stress, build inner strength, or simply take a moment for themselves.



## CON: Sleep Trivia

War Memorial, Education Studio –  
CON Systems All Staff – 02/27/2025

At the end of February, the wellness segment mid-staff meeting featured an interactive sleep-themed trivia activity in recognition of upcoming Sleep Awareness Month in March. Staff stood and moved around the room to select their answers, incorporating light physical activity while also promoting sleep awareness and education.

The activity also served as a light team-building activity, allowing space for staff to engage with colleagues they don't often interact with.



## CPC: Dia De Muertos

The Department hosted a Día de Muertos celebration with traditional offerings, including pan de muerto and hot chocolate. Staff were encouraged to bring pictures of loved ones who have passed away (pets included), along with some items that they cherished during their lifetime, such as fruits, foods, drinks, or personal mementos. There were over 60 attendees with people sharing stories of loved ones and taking a moment to honor those who have passed away. Staff members were touched and requested that this celebration continue in years to come.





# CPC: Biometric Screening Event

On May 20th, the Planning Department held a Biometric Screening in honor of High Blood Pressure Education Month. There was a variety of screenings available, including blood pressure, cholesterol, and glucose. Planning Department invited the entire 49 South Van Ness building and 65 employees participated. We were happy to see employees take initiative in their personal health, and it was great that everyone was able to take advantage of the free screenings.

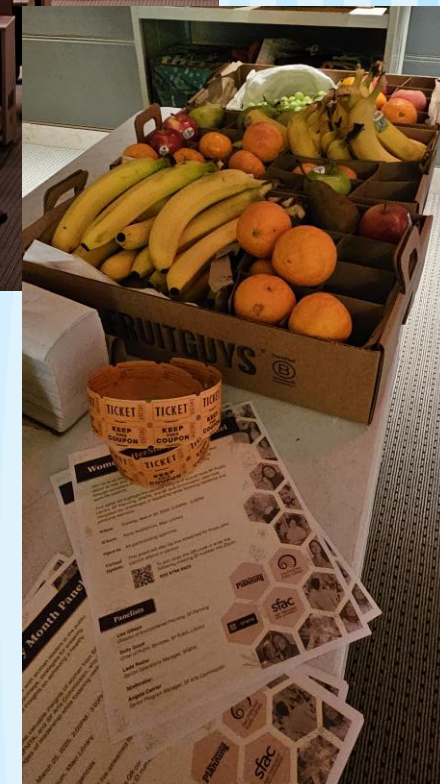


# CPC and LIB: Women's HerStory Month Panel

On March 25<sup>th</sup>, the SF Library's Wellness Committee and the Planning Department collaborated to host a Women's HerStory Panel at the Koret Auditorium in the Main Library. Angela Carrier from the SF Arts Commission moderated the panel, which featured Leda Rozler (SFMTA), Dolly Goyal (SF Public Library), and Lisa Gibson (Planning Department). The conversation focused on the career journeys of women leaders in the public sector, strategies for overcoming workplace barriers, and tips for maintaining a healthy work-life balance. Attendees were inspired by the powerful stories shared by these remarkable women in leadership.

Nearly 40 people attended in person, and about 30 participated via Zoom. We raffled off a dozen prizes, including Fitbits, to both in-person and virtual attendees. In-person attendees also enjoyed offerings from Fruit Guys. The event was recorded, and the video can be viewed here: <https://youtu.be/EjczsUkdxAQ>.

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## CPC: Inaugural Mahjong Club

Inspired by the festivities of Lunar New Year, the Planning Department hosted an inaugural Mahjong Club with the kick-off on March 4th. Staff members met during the lunch hour in the 15<sup>th</sup>-floor common area. It started with about 10 staff members rotating in to play, with more staff members learning Mahjong and joining the festivities.



# CPC: Kayaking Trip

On Friday, September 20<sup>th</sup>, the Planning Department led a lunchtime Kayaking session at North Lake dock, Lake Merced Boathouse. This was an opportunity for staff to get some exercise, fresh air, and work on upper body strength, while getting to know coworkers a little more. Approximately 9 staff members attended. Staff enjoyed the bonding together and asked for more planned kayaking as activities for the department!





# CPC: Lunchtime Field Trip to Ferry Building

The Department hosted a Field Trip to The Ferry Building, with its beautiful weather and historical significance, offers an ideal setting for a perfect field trips. Our recent trip provided an opportunity to enjoy some exercise, fresh air, and a nice lunch with some of our colleagues outside the office. Approximately 10 staff members joined.





## CPC: Relay Race at Picnic

On Thursday, September 26, 2024, the Planning Department held a Relay race at the Department picnic.

There were 8 attendees who were organized into 4 teams of 2 people.

This was a great event that promoted teamwork and physical activity, all while within a fun environment.



# CPC: Volunteer Event


On May 28<sup>th</sup>, the Planning Department volunteered at the San Francisco-Marin Food Bank. Staff helped more than 1,300 families receive 2 lbs. of frozen peas for the week! In addition to giving back to the San Francisco and Marin communities, it was a great opportunity for us to connect outside of our usual day-to-day work and support others. Almost 20 staff members participated.





## CPC: Yogalates


The Department facilitated a Yogalates session on May 13th and invited the entire building. The instructor Stacie guided us through various Pilates-based movement sprinkled in with some yoga. There were almost 25 attendees. Participants enjoyed the new style and instructor and were interested in getting more Yogalates sessions in the future.



**IN PERSON**  
**YOGALATES**  
The Perfect Balance of  
Strength and Serenity

Tuesday, May 13  
12:10-12:55 PM

49 South Van Ness  
Pavillion



JOIN YMCA YOGA  
INSTRUCTOR  
STACIE

Blend the mindful flow of yoga with the core-toning power of Pilates in this energizing Yogalates class. Designed to build flexibility, improve posture, and strengthen from the inside out, this class offers a low-impact yet highly effective full-body workout.

- All skill levels welcome
- Bring your mat
- Free class - No RSVP required

For questions, contact: [CPC.Wellness@sfgov.org](mailto:CPC.Wellness@sfgov.org)

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**San Francisco  
Planning**



# ECN: Caring for Loved Ones

1SVN, 5th Floor, October 24, 2024  
City Hall, Room 305, May 6, 2025

Caring for Loved Ones series created an open forum for staff to discuss the challenges in balancing work and personal life to care for loved ones. Explored the resources available.

The presentations sparked meaningful conversations through the personal stories shared strengthening our connections.

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### **BALANCING YOUR PERSONAL LIFE WITH THE NEEDS OF YOUR OLDER PARENTS OR LOVED ONES WORKSHOP**

**THURSDAY, OCTOBER 24  
12:00PM – 1:00PM  
1 SVN ROOM 5080 PACIFIC  
IN PERSON ONLY**

As many of us reach a point in life where our parents or elderly relatives require more attention and support, it can become challenging to juggle work, family, and caregiving responsibilities. This



We are resuming our series of Caring for older parents or loved ones. We will have a presentation from PsychComp, and we will pass out resources related to our conversation. Stop by and join us!

# ECN: Earth Day Plant and Seed Swap

1SVN, 5<sup>th</sup> Floor, April 29<sup>th</sup>

In celebration of Earth Day, ECN staff gathered for a Plant and Seed Swap, exchanging greenery and sharing plant knowledge.

Many of the plants and seeds—brought in from personal gardens—sparked inspiration, encouraging some to begin gardening for the first time or to rekindle a previous interest. The event fostered connection, nurtured well-being, and deepened appreciation for nature in our daily lives.

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## ECN: Plant Corner

The Plant Corner, a well-being activity led by ECN Champion May Ng, invites employees to swap plants and seeds at any time, creating a welcoming space for growth—both botanical and personal. This simple yet meaningful activity has fostered a sense of unity within the department, encouraging positivity, kindness, and connection in the workplace. The Plant Corner is located at 1SVN on the 5<sup>th</sup> Floor.





# ECN: Racial Equity Wellness Walks

Museum of African Diaspora, Chinatown, Japantown

We've continued to hold space for our racial equity work at ECN and celebrate the various heritage months enriching the workplace with the diversity of the cultures and communities that exist in SF. This year, we incorporated "neighborhood walking tours" in the various neighborhoods of SF to not only provide education, understanding and empathy to be able to help our communities, but also offer an opportunity for staff to get their daily "steps" in for mental and physical health.

The addition of "neighborhood walking tours" has helped connect staff with one another, provided more opportunities for collaboration, and given staff new inspiration to continue their wellness journey "step by step."

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# ECN: Speaker Series and Tea Tasting

The City Hall and 1SVN offices launched a speaker series as part of its heritage month celebrations—including Juneteenth, Pride Month, and AANHPI Month. These events created opportunities for education, cultural understanding, and appreciation of the City's diverse workforce. Storytelling was emphasized as a powerful wellness tool for fostering inclusion and empathy.

In alignment with the speaker series, a wellness-focused tea tasting was also hosted, highlighting traditional teas and offering ideas for incorporating healthy teas into daily routines.

These programs have contributed to meaningful improvements in workplace well-being. By hearing speakers share their personal stories and journeys, staff have deepened their sense of community and gained valuable insight into how city departments can better serve the public. Additionally, the initiative has strengthened cross-department collaboration and promoted a culture of wellness among colleagues.

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# ECN: Workspace Decoration Competition

1SVN, 5th Floor and City Hall

December 19, 2025

A total of 32 photo submissions sparked a spirited and friendly holiday competition, with staff casting their votes to crown the winners, creating a lively buzz throughout the office.

Workspaces came alive with festive displays showcasing the creativity of both individuals and teams. The event brought joy and connection across departments, making it a memorable celebration filled with holiday cheer.



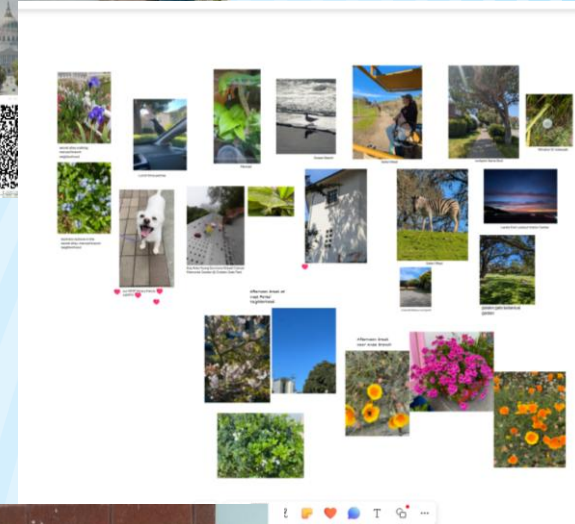
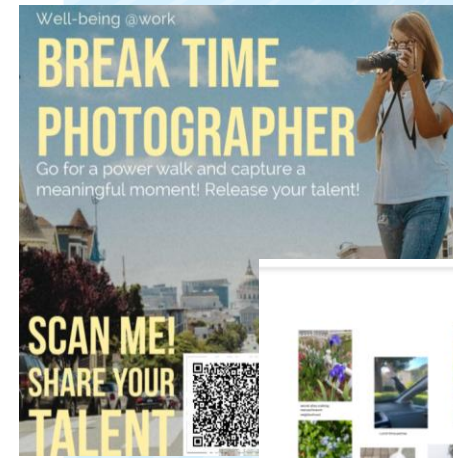


## LIB: Break Time Photographer

Location: SFPL Merced Branch

Since March, the Merced Branch staff started a walking timer log. In May, staff shared their photos captured during their break time.

The Break Time Photographer aims to promote well-being@work through creative and self-directed activities. More importantly, this activity aims to reduce stress, improve physical health, and foster community engagement. Using a cell phone to capture beauty and meaningful moments to share with others is a way of storytelling, and this activity enables staff to contribute to a collective narrative of their walking experiences.



# LIB: Puzzle Relaxation Time

## SFPL – Various locations

Staff spend their break relaxing at various puzzle stations that are set up at various locations and branches. This can be an individual or a group activity.

Puzzles provide staff a fun activity to do other than spending time on their phones or computer. It provides a new way to relax and rejuvenate their minds and can encourage positive group interactions with co-workers.



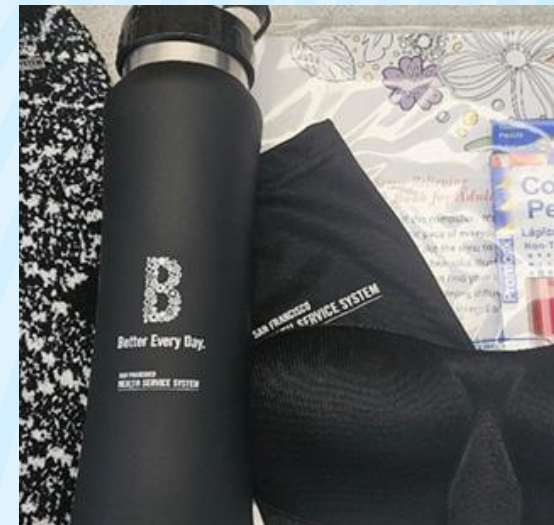


## LIB: Sleep for Better Health

Challenge was held March 1-31, 2025.

LIB highlighted Sleep Awareness Month, by offering the *Sleep for Better Health Challenge*. Participants tracked how many hours they slept per night. Prizes were raffled off at the end of the month. We also created a zine style tracker that included fun facts and helpful tidbits to emphasize the importance of getting quality sleep.

Staff who participated loved the zine trackers and found that tracking their sleep patterns led them to change some bedtime habits or establish a sleep routine. One raffle winner said, "I love my relaxation kit and am looking forward to incorporating it into my bedtime routine!"



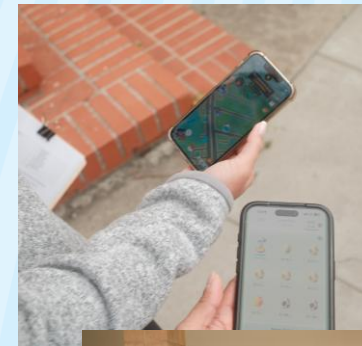
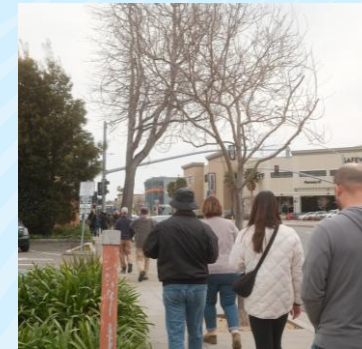


## SFPUC WST: Catch & Connect

1000 El Camino Real 3.19.25

The Catch & Connect event, a first-time initiative, seamlessly weaves together the uplifting spirit of wellness and the vibrant energy of community. By incorporating interactive elements inspired by the popular game Pokémon GO, the program provides participants with an engaging and revitalizing break from the traditional workday routine. Moreover, it provides an opportunity for attendees to forge meaningful connections with coworkers, players, newcomers, and non-players alike, fostering a sense of camaraderie and belonging.

Since the wellness activity, there has been a greater effort for employees to take proper breaks from their desks. Employees have initiated more walks, either for a break or to challenge a 'Raid Boss' in the game that started it all. This has resulted in a buzzing interconnectivity around the office, which has only grown since the initial program. The growing number of suggestions and input from coworkers highlights their strong engagement in planning future events.



# SFPD: Professional Staff CPR/First Aid Training

Wednesday, 4/2 from 8:00am to 12:00pm  
SFPD Police Headquarters  
1245 – 3<sup>rd</sup> Street, 1<sup>st</sup> floor conference room 1025  
San Francisco, CA 94158

We are excited to inform you about our current Health & Safety training sessions, which are conducted by our very own Health & Safety Manager, Jim Barrios. Each session accommodates up to 12 attendees and is designed to provide a life-saving skill set while having class participants actively engage each other in the learning process.

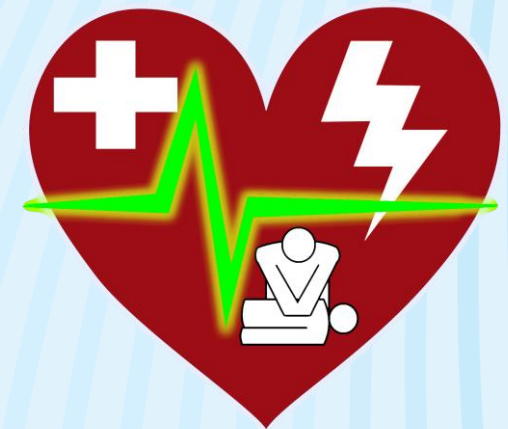
The format of the sessions includes lecture and demonstration, PowerPoint presentations, teamwork scenarios, and interactive Q&A sessions throughout. This comprehensive approach ensures that all participants will gain valuable knowledge and practical skills in CPR and First Aid.

We have trained 124 civilian/professional staff in three months with more on the way. Course content includes: Adult/Child/Infant CPR and choking, First Aid for traumatic injuries and medical emergencies including heart attack, stroke, seizures, diabetic emergencies, and severe allergic reactions.

These sessions are excellent in-house offerings for our civilian staff members at PHQ, but they can also be offered at other SFPD locations. We believe that this training will greatly benefit our staff and contribute to a safer and healthier work environment.

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# SFPD: Biometric Health Screening Event at the Academy

Wednesday, April 9, 2025  
SFPD – Academy  
350 Amber Drive, Bungalow  
San Francisco, CA 94131

We are excited to share that the SFPD Wellness Team recently hosted a Health Screening Event at the Police Academy for our sworn and professional staff members. The event took place from 12:00 to 5:00 pm and saw 20 enthusiastic participants taking part.

We were fortunate to have O2X Human Performance on-site at the Academy, conducting sessions for members following their screenings, which added great value to the event. The Onsite Health Diagnostics (OHD) medical staff did an outstanding job. They were incredibly personable and professional, spending quality time—around 15 minutes—with each participant to evaluate their baseline numbers for total cholesterol, HDL glucose, blood pressure, height, weight, body mass index (BMI), and Body Fat %. Their dedication and thoroughness were truly commendable.

Everyone had a fantastic time! More importantly, our members received valuable insights and advice on how to support and improve their overall health and well-being. It was heartening to see them engaged and motivated to take better care of themselves.

It's always a pleasure to partner with the OHD team and our supporting facilitators, and this event was no exception.

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# SFPD: Biometric Health Screening Event at HOJ

Wednesday, April 30, 2025

SFPD – Hall of Justice

850 Bryant Street, 6<sup>th</sup> Floor Auditorium

San Francisco, CA 94103

We are excited to share that the SFPD Wellness Team recently hosted a Health Screening Event at the Hall of Justice (HOJ) for our sworn and professional staff members. The event took place from 9:00am to 1:00pm and saw 28 enthusiastic participants taking part.

The Onsite Health Diagnostics (OHD) medical staff did an outstanding job. They were incredibly personable and professional, spending quality time—around 15 minutes—with each participant to evaluate their baseline numbers for total cholesterol, HDL glucose, blood pressure, height, weight, body mass index (BMI), and Body Fat %. Their dedication and thoroughness were truly commendable.

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# SFPD: Biometric Health Screening Event At PHQ (Police Headquarters)

Wednesday, April 16, 2025

SFPD – PHQ (Police Headquarters)

1245–3<sup>rd</sup> Street, 1<sup>st</sup> floor conference room 1025

San Francisco, CA 94158

We are excited to share that the SFPD Wellness Team recently hosted a Health Screening Event at SFPD – PHQ (Police Headquarters) for our sworn and professional staff members. The event took place from 12:00 to 5:00 pm and saw 57 enthusiastic participants taking part.

We were fortunate to have O2X Human Performance on-site at PHQ, conducting sessions for members following their screenings, which added great value to the event. The Onsite Health Diagnostics (OHD) medical staff did an outstanding job. They were incredibly personable and professional, spending quality time—around 15 minutes—with each participant to evaluate their baseline numbers for total cholesterol, HDL, glucose, blood pressure, height, weight, body mass index (BMI), and Body Fat %. Their dedication and thoroughness were truly commendable.

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# SFPD: INGLESIDE YOGA 5-Week Series

Wednesdays, 10/9, 10/15 (Tue), 10/23, 10/30 and 11/6 at 1:00pm  
SFPD Ingleside Station (Community Room)  
1 Sgt. John V. Young Lane  
San Francisco, CA 94112

At Ingleside Station, we prioritize the well-being of our Officers. In line with this commitment, we have introduced yoga sessions as part of our wellness program. These sessions aim to reduce stress, enhance physical fitness and improve overall mental health. A special thank you to Kristine “KK” Demafeliz for leading the sessions. The event was attended by Capt. Hurwitz, Lt. Ozol, Lt. Robinson and other SFPD Staff members.



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# SFPD: O2X Human Performance Integrated Specialist Program

The San Francisco Police Department has a new pilot program with **O2X Human Performance** for tactical athletes. We will have two On-Site Specialists, **Isela Sanchez, Injury Prevention Specialist** and **Gabriel Sanchez, Strength & Conditioning Specialist** to deliver customized training and resources aimed at fostering growth in both our professional endeavors and personal fulfillment focusing on sustainability and retention.

For the entire year, O2X will support our members by providing an **Integrated Readiness Platform**. This entails embedded strengthening trainings and workshops to measuring strength and agility, members will also have access to their **O2X Tactical Performance App** to track physical activity progress, contact a specialist, and so much more!

To download their app, members can go to the Apple Store or Google Play and download **O2X Tactical Performance App** and sign up by using their personal email address and click on "Sign-Up" (not sign-in) to create an account and enter password **SFPD** (all caps).

The On-Site Specialists will be stationed at the Academy Bungalow but are able to come to any location! Members can simply look up their calendars and book an appointment through the mobile app.

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### SAN FRANCISCO POLICE DEPARTMENT

#### INTEGRATED SPECIALIST PROGRAM

##### MEET YOUR O2X ON-SITE SPECIALIST, GABRIEL

###### GABRIEL SANCHEZ

Strength & Conditioning Specialist  
[isela.sanchez@o2x.com](mailto:isela.sanchez@o2x.com)



- Served as a Strength and Conditioning Coach for the U.S. Army Holistic Health and Fitness (H2F) Program with 62nd Medical Brigade
- Served as an infantryman for the 25th Infantry Division with 1-21 Infantry Battalion
- Specialized in returning post-surgery soldiers back to duty
- Worked with collegiate and high school athletes
- Master's in Exercise Science from University of Texas at Arlington
- Bachelor of Exercise and Sports Science from Texas State University

##### MEET YOUR O2X ON-SITE SPECIALIST, ISELA

###### ISELA SANCHEZ

Injury Prevention Specialist  
[isela.sanchez@o2x.com](mailto:isela.sanchez@o2x.com)



- Certified Athletic Trainer (ATC) & Certified Strength and Conditioning Specialist (CSCS)
- Served as an assistant athletic trainer for the past two seasons with the Lakers, spent three seasons with the Lakers' developmental team, experiencing a championship season in 2020
- Worked with men's and women's basketball at the University of Texas, El Paso
- Worked with men's volleyball and cheer at the University of California, Irvine
- Master of Science in Athletic Training from California Baptist University in Riverside, California
- Bachelor of Science in Kinesiology from the University of Texas, El Paso

#### STEP 1

Open your phone's App store and download: **O2X Tactical Performance App**

#### STEP 2

Select **SIGN UP**



#### STEP 3

Enter the Access Code (All caps) **SFPD**



#### STEP 4

Fill out your profile



©O2X

OPTIMIZE TO THE X

info@o2x.com

# SFPD: Walk MS Event in SF - Walking the Beat



Sunday, April 27, 2025 from 8:30am to 12:00pm

*\*NEW LOCATION\** Levi's Plaza, 1105 Battery Street  
San Francisco, CA 94111

## TOGETHER WE ARE STRONGER

The San Francisco Police Department proudly participated in the 2025 Walk MS Event at a *NEW LOCATION* at the Levi's Plaza at 1105 Battery Street. This year marked their 8<sup>th</sup> consecutive year of involvement, with the team named **"SFPD WALKING THE BEAT"** walking in support of their dedicated Well-Being Champion, Kristine "KK" Demafeliz. The team gathered around 25+ enthusiastic members, including both sworn officers and civilian staff, to join forces in this meaningful event.

Walk MS is an incredible event that unites passionate individuals for an inspiring purpose: **to put an end to MS forever**. It is truly heartwarming to witness the overwhelming support from a community whose steps fuel breakthroughs, solutions, and ultimately, a cure. SFPD Walking the Beat is committed to creating **a world free of MS**, and their participation in the walk highlights their dedication to this cause.

The department, along with the support of family and friends, aims to spread MS awareness and raise valuable funds to support those living with MS. It is through these collective efforts that we can make a significant impact and bring hope to countless individuals affected by this condition. Thank you to everyone who joined and supported the SFPD team in this year's Walk MS event. Together, we are making strides towards a brighter future for those fighting MS.

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