

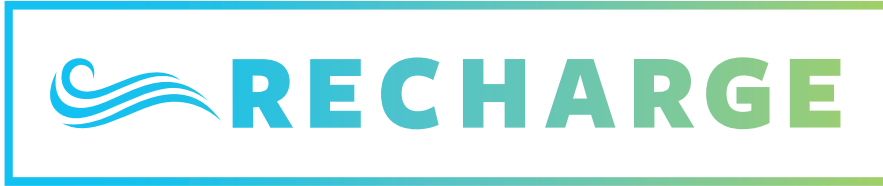


Take time to

It only takes a minute to feel a dramatic difference.

Better Every Day. SAN FRANCISCO
HEALTH SERVICE SYSTEM

Register today to create your...



...routine!

Taking a minute to **RECHARGE** can:

- ✓ Relieve Stress
- ✓ Increase Focus
- ✓ Improve Energy
- ✓ Release Tension

Register at: sfhss.org/well-being
RECHARGE starts December 2nd.