



SFHSS Well-Being Activities Description List

Our well-being activities are designed to engage employees, encourage healthy behaviors, and support overall health and productivity.

Planning timelines

- Please allow at least **8 weeks' lead time to request** an activity for your department.
- When selecting topics, consider your employees' needs and demographics.
- Requests for customized or tailored content require up to **90 days' advance notice**.

How to request an activity

1. Review the activity list or visit sfhss.org/well-being/WB-activities to learn more.
2. Complete the online Activity Request Form.
3. After submission, an SFHSS Well-Being Coordinator will contact you to confirm details.

Changes and cancellations

- Any cancellations or event changes must be made at least **10 business days** before the scheduled event date.

For questions, please contact your **SFHSS Well-Being Coordinator** or email Well-Being@sfgov.org.

Note: Some activities have limited availability or may need to be offered as open, citywide events.

Available Activities:

ComPsych Workshops _____ pg. 2-5

- Behavioral Health and Wellness
- Communications Skills
- Family and Relationships
- Legal and Financial
- Management Support
- Older Adult Care
- Parenting
- Personal Development
- Resilience

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Emotional Well-Being and Mental Health Webinars and Trainings _____ pg. 8-11

General Well-Being and Healthy Behaviors Webinars and Trainings

- Healthy Habits and Lifestyle _____ pg. 12-15
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Group Exercise Classes _____ pg. 19-20

Special Programs _____ pg. 21-22

- Biometric Health Screenings (Basic, Advanced, and Total Health Package)
- Healthy Habits Program & Lifestyle Medicine Program
- Small Group Coaching & 1:1 Wellness Coaching
- Women's Healthy Aging Series



ComPsych Workshops

Provides live, interactive in-person or virtual workshops on various work-related and lifestyle topics to support employees' well-being. All sessions are available 45-60 minutes in length.

To see the complete list of workshops and details, visit: sfhss.org/resource/compsych-trainings.

*New 2026 Workshops

Topic areas include:

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| <p>Behavioral Health and Wellness</p> <ul style="list-style-type: none"> • Avoiding Burnout: Self-Assessment Methods and Strategies for Self-Care • Balancing Work and Life • Bedtime Routines for Adults • Breathing Techniques to Relieve Stress and Improve Health • Change Your Mindset about Aging • Connecting Mind and Body for Healthy Living • Coping During Uncertain Times • Coping with Compassion Stress • Counseling and Therapy, Demystified • Deskercise! Taking Care of Your Body During the Workday • Developing Will Power and Self-Control to Change Behavior • Drinking Responsibly • Eating Healthy on a Budget • Emotional Eating: The Connection Between Mood and Food • Get Moving, An Introduction to Exercise (Webinar only) • Happiness: A Key to Life's Satisfaction • Healthy Food Choices on the Go • Healthy Lifestyles: Changing the Way You Think About Diet and Exercise • Hobbies for Mental and Physical Health • <i>How Physical Pain Can Impact Your Mental Health*</i> • How World Events Can Impact Veterans' Mental Health • Informed or Informed? Healthy Media Consumption and Social Media Usage • <i>Improving Social Wellness to Boost Mental Health*</i> • The Impact of a Difficult Childhood on Your Adult Life • The Joy of Movement | <p>Behavioral Health and Wellness continued</p> <ul style="list-style-type: none"> • Living Nicotine Free (Webinar Only) • Loneliness and Social Isolation in Today's World • Managing Holiday Stress • Managing Worry and Anxiety • Marijuana: Understanding Common Effects and Methods of Consumption • Mental Health Awareness • Opioids: Understanding the Dangers and Ways to Help • Psychological Avoidance and Its Impact on Your Mental Health • Relaxation "Micro-Moments" and Winding Down Techniques • Running on E: Adding Energy and Passion to Your Work and Life • Sleep: An Essential Component of Health and Well-Being • Suicide Awareness • Tools to Handle Stress • Understanding Depression • Using Guided Imagery for Wellness and Stress Reduction • Walking for Mental Health • Work-Life Balance in a Work From Home Environment <p>Communication Skills</p> <ul style="list-style-type: none"> • Asking for Help • Becoming a Better Listener • Bringing Out the Best in Others • Building Respectful Relationships • Civility in the Workplace • Communication Skills for A Global Team • Deescalating Potentially Violent Situations • Difficult Conversations During Times of Unrest |
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Communication Skills continued

- Friendly Persuasion: How to Get the Things You Want and Need
- Languishing, Flourishing and Your Mental Health
- Effective Communication
- Learning to Relax
- Giving Effective Feedback in Personal or Work Situations
- How to Deal with a Difficult Person
- Initiating Difficult Conversations
- Learning to Say “No”
- “Let’s Talk Politics”: How to Have Impassioned Disagreements Without Damaging Relationships
- Motivating Change in Others
- Practicing Assertiveness
- Providing Customer Service to Bereaved Callers
- Responding to Behavior That Makes You Feel Uncomfortable
- Social Skills Refresh! How to Have Good Conversations in Social Situations
- The Power of Storytelling
- Using Reason to Resolve Conflict
- What to Say When You Don’t Know What to Say

Family and Relationships

- Breaking Free from Emotional Manipulation
- Communicating Without Conflict with Your Significant Other
- Communication Skills for Families
- Domestic Violence Awareness
- Enjoying Your Empty Nest Fair Play: Equitable Household Management Strategies to Strengthen Relationships
- Helping a Loved One Through Difficult Times
- The Impact of Substance Abuse on the Family
- Important Issues to Discuss Before Marriage
- Life After Divorce: Landing on Your Feet
- Making the Most of Family Occasions
- *Responding To Narcissism**
- Rewards and Challenges of the Blended Family
- Single Again After All These Years
- Staying Connected: Keeping the Spark Alive in Your Relationship

Family and Relationships continued

- Transitioning Home: Relationships (for Veterans)
- Understanding Trauma Bonds In An Abusive Relationship
- When Mom and Dad Move in with You
- The Sandwich Generation: Balancing Your Personal Life with the Needs of Your Older Parents or Loved Ones
- Supporting Others Through End of Life
- Talking About the Tough Subjects with Your Parent or Older Loved One
- Understanding How Your Emotions Impact Interactions with Older Loved Ones
- When Someone You Love Has Alzheimer’s

Legal and Financial

- 10 Strategies for Improving Your Finances
- After the Holidays: Managing That Debt
- Are You Financially on Track for Retirement?
- Basics of Estate Planning
- Distribution Options for Retirement Plans
- The Finances of Purchasing Your Own Home
- Financial Planning for Life
- The Five Pillars of Personal Finance
- Getting the Best Value out of Your Health Benefits (webinar only)
- The Impact of Foreclosure
- The Importance of Participating in Your Employer’s Retirement Plan
- Managing Personal Finances
- New Realities in Home Ownership
- Options for Financing College
- Paying Off Debt While Building Wealth
- The Psychology Behind Saving Money and Other Good Financial Habits
- Understanding the Importance of Credit in Today’s Economy

Management Support

- Addressing Employee Performance Issues in a Supportive Way
- Coaching vs Directing: A Guide for Leaders
- Creating Psychological Safety in the Workplace
- *From “Me” to “We”: Build High-Performing Teams by Strengthening Relationships**
- *High-Impact Feedback: On the Spot, On the Floor**
- *The Impacts of Job Insecurity on Employee Engagement and Well-being**
- *Leadership in High Pressure Situations**



Management Support continued

- Leading with Authenticity
- Managing Remote (or Hybrid) Employees
- Managing Staff Through Stressful Situations
- Managing the Emotions Surrounding Layoff Conversations
- Mental Health Awareness for Leaders
- Psychological Pressures of Middle Management
- Preventing Employee Burnout
- Self-Care Tips for Managers
- *Storytelling for Leaders: Turning Vision into Buy-In**
- Supporting Employee Well-being: What Can You Do as a Manager?

Parenting

- Building Strong Relationships with Your Adult Children
- Building Your Child's Self-Esteem
- Communicating the Tough Stuff to Your Child: Drugs, Alcohol, Sex and Peer Pressure
- Discipline That Works
- The Emotionally Healthy Teen: Dealing with Issues of Substance Abuse, Depression, Suicide and Eating Disorders
- Encouraging Kids to Be Active
- Engaging in Creative Play with Children
- Establishing Bedtime Routines That Work
- Extracurricular Activities: How Much Is Too Much?
- Helping Children Cope with Grief
- Helping Children Develop Strong Ethics and Values
- Helping Your Child Set Goals for the Future
- Kids and the Internet: Becoming a
- Cyber-Savvy Parent (Webinar Only)
- Kids and Meals: It Doesn't Have to Be a Battleground
- No Such Thing as a Perfect Parent
- The Parent as Role Model
- Parental Burnout: How To Overcome Challenges & Thrive Through Parenthood
- Parenting a Child with Special Needs
- Parenting Toddlers
- Parenting Your College-Age "Kids"
- Protecting Children from Sexual Abuse

Parenting continued

- School's Out: Getting Everyone Through the Summer
- Sibling Rivalry
- Standing Tall: Handling Bullies at School

Older Adult Care

- Caring From a Distance
- Helping Your Senior Loved One Be Independent and Safe (webinar only)
- Talking to Kids About Violent Events with Widespread Media Coverage
- Talking to Your Child About Tough Issues Affecting the Family
- The Successful Single Parent
- Teaching Your Kids How to Manage Money
- Teenage Rebellion

Personal Development

- Acceptance of Others
- The Art of Patience
- Autonomy: Strengthening Your Ability to Work Independently
- Awakening the Passion in Your Life
- Being a Socially Responsible Person
- Being Accountable in Work and Life
- Becoming a Team Player
- *The Benefits of Saying "Yes"**
- *Building Habits That Support a Growth Mindset**
- Building Trust
- *Combat Boots to Business Shoes: Thriving After Military Service**
- Combatting Imposter Syndrome
- The Confident You: Taking Charge of Your Life
- Cutting Through the Clutter
- Developing a Growth Mindset
- Developing Creativity
- Developing Grit – Strategies for Success in Work and Life
- Digital Mindfulness: Taking Control of Your Device and Screen Time
- Emotional Intelligence
- *The Emotions Surrounding Wills And End-Of-Life Planning**
- Forgiving Yourself and Others
- Gratitude: A Skill for Happier Living



Personal Development continued

- Honoring Your Values to Thrive at Work and in Life
- How to Be More Engaged at Work
- How to Delegate at Work and in Life
- How to Make a Habit of Success
- Humility – An Underappreciated Trait of Confident People
- Improving Your Memory
- *Intention-Setting to Transform Your Life**
- Journaling and Writing for Personal Growth
- Know Before You Go: How to Prepare for a Visit to the Doctor (webinar only)
- Laughter, Humor and Play to Reduce Stress and Solve Problems
- Living Simply: Simplify Your Life
- Loving...You: Boosting Self-esteem and Acceptance
- Make a Decision Already! How To Avoid Indecisiveness
- Making Connections at Work and in Life
- Managing Anger at Home and at Work
- Managing Up for Professional Success
- Managing Your Emotions in the Workplace
- Mindfulness: Being Present in Your Work and Life
- Money and Relationships
- Moving From School to Career
- Navigating Life's Big Decision
- Mental Fitness for Optimal Brain Power
- Overcoming Procrastination
- Overcoming Shyness
- Overcoming Stage Fright
- Overcoming Your Distorted
- Negative Thinking
- Personal and Professional Boundaries
- Reading for Fulfillment
- Responding to Distressed Customers
- Rumors & Gossip: Avoiding the Harmful Effects
- Sailing On: A Guide to Transitioning into Retirement
- Secrets to Self-Motivation
- Staying Engaged and Advancing Your Career as a Remote Employee
- Staying Positive While Performing Difficult Client Service Work
- Strengthening Your Ability to Empathize

Personal Development continued

- The Power of Productivity
- Time Management Principles
- Time Management Tools: To-Do Lists, Calendars, Etc.
- Unconscious Bias
- Using Kindness to Achieve Personal Success and Happiness
- Using Positivity in Constructive Ways

Resilience

- Adapting to Management Change
- Being Adaptive in an Ever-Changing World
- Coping with a Traumatic Event
- Expecting the Unexpected: How to Think About Potential Crises
- Feeling Stuck? Practical Ways to Get Yourself Going Again
- How to Receive Criticism and Make it Work for You
- *I Thought I Could Retire by Now: Managing the Emotions of Delayed Retirement**
- Living with Change
- Mental Health Impacts of a Medical Diagnosis
- Mental Health Impacts of Natural Disasters
- Moving Through Grief and Loss
- Preparing for Financial Emergencies
- Reinventing Yourself
- Resiliency: Bouncing Back After a Setback
- Stress: A Way of Life or a Fact of Life
- The Impact of Attitude on Work and Life
- Where Are You Going? Goal Setting for Personal and Professional Success

Download the [ComPsych Training List](#) to view the complete menu of workshops and details



SFHSS Employee Assistance Program (EAP)

The following EAP trainings and workshops may be attended during work hours with supervisor approval and require consultation between the EAP and the department. They are available in both in-person and virtual formats. For onsite sessions, the department must provide the necessary audiovisual equipment and training space.

| Title | Description | Notes |
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| Anger Management | <p>This workshop is an introduction to managing anger for well-being at work.</p> <p>We all get angry occasionally; it's a normal emotion that can be a useful expression of our feelings. However, if anger gets in the way of healthy communication or gets us into trouble, it's time to examine patterns. Join us to learn about the anger process, how to identify what causes anger, and how it impacts you and others around you. Learn practical anger management techniques that can be immediately applied.</p> | <p>1-hour interactive workshop.</p> <p>A minimum of 10 participants is preferred.</p> <p>This workshop can be done individually.</p> |
| Dealing with Difficult People | <p>This interactive workshop will help you deal more confidently and effectively with difficult people and situations. Explore how difficult people and situations can impact your ability to respond effectively. Learn how to match a person's emotional state with an appropriate response. Learn how to take time to examine your own perceptions while facilitating less stressful interactions when dealing with difficult people. Learn to maintain calm so you can move the situation forward positively.</p> <p>Note: If your work unit deals with potentially volatile situations in day-to-day operations, consider following this session or the Making Work, Work Series with CPI – Non-violent Crisis Intervention Training.</p> | <p>1.5-hour interactive workshop.</p> <p>A minimum of 10 participants is preferred.</p> <p>This workshop may be requested as part of the <i>Making Work, Work Series</i> or as an individual workshop.</p> |
| EAP Essentials for Leadership (Directors, Managers, Supervisors, and HR Professionals) | <p>This introduction to the SFHSS Employee Assistance Program informs managers, supervisors, directors, and human resource professionals about the variety of services offered to employees, and the unique consultation, coaching, counseling, and organizational services offered to leaders. Learn about how and when to refer an employee, what you can do for your employees to help them after a critical incident, and when to reach out for EAP services to come to your workplace. Learn about the training and workshop opportunities available to you and your work unit.</p> <p>This can be a stand-alone or coupled with Psychological First Aid – what to do in a crisis.</p> | <p>1.5-hour training.</p> <p>A minimum of 5 participants is preferred.</p> |
| Effective Communication | <p>This interactive and informative communication workshop explores how to be a more effective communicator.</p> | <p>2-hour interactive workshop.</p> |



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| | You will learn about the three parts of communication, how your emotions can drive your communication style, effective listening skills, and how your assumptions can lead to miscommunications. In this workshop you will work on self-awareness and begin to develop a plan for better and more effective communication through listening, assessing the situation, inquiry, and self-assessment. | A minimum of 10 participants is preferred. This workshop may be requested as part of the <i>Making Work, Work Series</i> or as an individual workshop. |
| Leadership In Action For Directors, Managers, and Supervisors | <p>Join EAP and your colleagues for a series of three interactive workshops designed to address the unique challenges faced by Supervisors, Managers, and Directors. Through self-assessment and discussion, learn about yourself as a leader.</p> <p>Understand your preferred style of dealing with conflict. Practice using different modes of conflict management to increase your confidence and effectiveness in difficult situations. Explore ways to improve/enhance your communication and use constructive confrontation for problem-solving and accountability.</p> <p>Session One includes 1.5-hours EAP Essentials for Leadership & Psychological First Aid</p> | <p>3 or 4 sessions, 10.5-hour learning, and self-assessment experience begins with 1.5-hours EAP Essential for Leadership + Psychological First Aid</p> <p>Session One – 1.5 hours Session Two – 3-hours Session Three – 3-hours Scheduled in consecutive weeks.</p> <p>Participants must complete a 30-minute homework assignment between Sessions 1 and 2. A minimum of 10 participants and a maximum of 16 preferred.</p> |
| Making Work, Work Series | <p>These 4 skill-based workshops can help to improve your work experience and sense of personal well-being.</p> <p>Being able to manage stress and emotions is essential for well-being. Learning to communicate effectively and handle difficult people can have a positive impact on your work environment. Join SF HSS EAP for these four counselor-facilitated workshops to learn and practice skills to make work work for you.</p> | <p>This is a 7-hour series, offered in 4 sessions:</p> <ul style="list-style-type: none"> Managing Stress, 1.5-hour Effective Communication, 2-hour Dealing with Difficult People 1.5-hour Managing Ourselves, 2-hour <p>A minimum of 10 participants is preferred.</p> |
| Managing Stress | This workshop examines the importance of perception, identifying stress triggers, and thinking ahead about coping strategies. | <p>1.5-hour interactive workshop.</p> <p>A minimum of 10 participants is preferred.</p> |



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| | Will you take control of your stress, or will your stress take control of you? Learn how to break the cycle of negative responses to stress by practicing simple relaxation techniques, examining your perspective, and engaging in self-care. Learn how to develop an effective stress management plan for increased well-being at work and at home. | This workshop may be requested as part of the <i>Making Work, Work Series</i> or as an individual workshop. |
| Stress First Aid | <p>Stress First Aid is an evidence-based peer support and self-care model that anyone can use in any setting during stressful times. In this training, you will learn what stress first aid is, how to recognize distress in yourself and others and build essential skills to help others in a time of distress. After this training, participants will be able to:</p> <p>Learning Objectives:</p> <ul style="list-style-type: none"> • Identify stress in your colleagues and ensure help is offered. • Identify stress in yourself and know how to reach out for support. • Create a supportive work environment where: <ul style="list-style-type: none"> ○ team members are caring for one another and ○ leadership promotes mental health & well-being | <p>2-hour interactive training</p> <p>Class size 6-18 participants. Must meet a minimum of at least 6 participants.</p> <p>Training materials will be provided</p> |
| Well-Being and EAP Orientation | Learn about the many services you are eligible for at no to low cost through your health plan, SFHSS Well-Being, and the SFHSS Employee Assistance Program (EAP). | <p>30 minutes – length may be adjusted based on department needs.</p> <p>An interactive activity can be added.</p> <p>A minimum of 10 participants is preferred.</p> |

Emotional Well-Being and Mental Health

Additional trainings to help support employees' emotional well-being and mental health.

| Title/Provider | Description | Notes |
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| Boosting Your Capacity KP | <p>Learn strategies to perform better by reducing stress and practicing response techniques. In this workshop, participants will:</p> <ul style="list-style-type: none"> ▪ Discover what is draining your capacity at work and home. ▪ Understand the brain's role in performance, health, and well-being. | 45–60-minute webinar |



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| | <ul style="list-style-type: none"> Learn strategies to boost your capacity to perform better and reduce stress. Develop tools for responding more effectively to challenges presented to you. | |
| Brain Fitness KP | Learn its importance, engage in exercises, and acquire tips to keep the brain fit throughout life. In this workshop, participants will: <ul style="list-style-type: none"> Learn the importance of brain fitness to aid with memory retention. Understand the role of a fit brain in reducing risk for depression, dementia, and Alzheimer's. Engage in exercises to keep your brain fit throughout the lifespan. | 45–60-minute webinar |
| Caregivers Self-Care KP | Learn how to practice self-care to take better care of yourself, while being a caregiver for a loved one. In this workshop, participants will: <ul style="list-style-type: none"> Learn about self-care practices to reduce stress. Understand how to care for oneself while caring for a loved one. Put a plan in place to improve your own self-care. | 45–60-minute webinar |
| Communication Skills KP | Gain greater understanding and skills to communicate effectively, in work and personal relationships. | 45–60-minute webinar |
| Dementia & Alzheimer's KP – NEW | Understand these conditions, recognize symptoms, and learn practical, evidence-based strategies to support brain health. | 45–60-minute webinar |
| Financial Well-Being KP | Build healthy relationships with money to gain greater financial freedom | 45–60-minute webinar |
| Gratitude KP | Showing gratitude can infuse positivity into all aspects of your life. The healthiest attitude is one of gratitude. | 45–60-minute webinar |
| Healing Power of Nature KP | Explore the health benefits of blue & green spaces, and nature therapy. | 45-60-minute webinar |
| Holiday Stress KP | Gain skills to manage your stress during the holiday season. | 45–60-minute webinar |



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| Laughter as Medicine KP | Understand how laughter affects our mind, and body connection and practice techniques. <u>In this workshop, participants will:</u> <ul style="list-style-type: none"> Define true happiness for yourself. Explore the science of laughter and its benefits. Find ways to increase laughter and happiness. Practice techniques to be more in control of internal and external happiness signs. | 45–60-minute webinar |
| Meaningful Connections KP | Foster group cohesion at work and learn how community and connection can be antidotes to loneliness. | 45–60-minute webinar |
| Mental Health First Aid (MHFA) KP | <p>MHFA at Work is a high-impact, evidence-based mental wellness program that teaches employees how to identify, understand, and respond to a colleague who may be developing or experiencing a mental health or substance use challenge or crisis in the workplace.</p> <p>Intro – A self-paced eLearning course that introduces employees to workplace wellbeing practices and teaches how to understand and reduce stigma in the workplace, recognize and help a colleague who may be experiencing a noncrisis mental health or substance use challenge, build a resilient mindset, and implement best practices for self-care.</p> <p>Certification – An instructor-led training where employees practice the skills needed to recognize and respond to a co-worker who may be experiencing a noncrisis or crisis mental health or substance use challenge – and connect them with the appropriate resources in accordance with company policies. Upon completion, learners will receive a certification in MHFA at Work.</p> <p>Champion – An instructor-led session that empowers a network of employees to provide mental health and substance use support to other employees as the company's go-to resource. Employees will develop an action plan for their role as a MHFA at Work Champion.</p> <p>Transform – An interactive workshop for HR professionals and leaders from different departments to discuss their organization's current mental health culture and create a cohesive strategy to address factors that may be impacting the workforce on their path to a healthy workplace culture that enhances employee well-being.</p> | <p>Intro – 2-hours Online Course, unlimited participants For all employees</p> <p>Certification – 4-hours, 15-30 participants Prerequisite: MHFA Intro, For all employees Virtual/in-person</p> <p>Champion – 1.5-hours 5-25 participants Prerequisites: MHFA Intro and Certification Select employees Virtual/in-person</p> <p>Transform – 2-hours 5-25 participants Prerequisites: MHFA Intro and Certification For leaders and HR professionals Virtual/in-person</p> |



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| Power of Meditation KP | Practice meditation skills to aid with stress management. <u>In this experiential workshop, participants will:</u> <ul style="list-style-type: none"> Learn about the benefits of meditation. Identify and define key meditation concepts. Practice body posture and breath awareness, the two most important aspects of meditation. Be guided through meditation exercises. | 45–60-minute webinar |
| Practice Gratitude KP | Learn how to express gratitude, that can infuse positivity into all aspects of your life. The healthiest attitude is one of gratitude. | 45–60-minute webinar |
| Practicing Self-Care KP | Explore how we can recharge, rest, & spend time doing things that matter most to us. | 45–60-minute webinar |
| Resiliency Skills to Address Burnout KP | Empower yourself to overcome challenges of all kinds, better handle adversity and counteract burnout. | 45–60-minute webinar |
| Self Compassion KP | Learn tools for self-love during challenging times. | 45–60-minute webinar |
| Stress Busters: Practice Skills to De-Stress Your Life KP | Explores sources of stress and practice coping skills. | 45–60-minute webinar |
| Sleep and Women's Health KP - NEW | Understand how menopause and perimenopause affect sleep, and practice tools to improve sleep hygiene and enhance relaxation for better sleep. | 45–60-minute webinar |
| Sleep Your Way to Better Health KP | Review sleep cycle, sleep hygiene, and practice relaxation skills. | 45–60-minute webinar |
| Staying Organized KP | Learn tips for getting your work life organized for better time management, improved efficiency, and less stress. | 45–60-minute webinar |



General Well-Being and Healthy Behaviors

Healthy Habits and Lifestyle Webinars and Trainings

| Title/Provider | Description | Notes |
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| Back Care KP | Describe basic anatomy, body mechanics, proper posture, and simple exercises to avoid pain and keep your back healthy. | 45–60-minute webinar |
| Brain Fitness KP | Learn its importance, engage in exercises, and acquire tips to keep the brain fit throughout the lifespan. <u>In this workshop, participants will:</u> <ul style="list-style-type: none"> Learn the importance of brain fitness to aid with memory retention. Understand the role of a fit brain in reducing risk for depression, dementia, and Alzheimer's. Engage in exercises to keep your brain fit throughout the lifespan. | 45–60-minute webinar |
| Commuting- Fit & Healthy Behind the Wheel KP | Learn meal preparation shortcuts, body mechanics, stress reduction, and sleep strategies to help individuals who spend a lot of time driving. This workshop discusses commuting trends around the Bay Area and helps participants explore options to improve their health during their commutes. <u>In this workshop, participants will:</u> <ul style="list-style-type: none"> Understand health risks associated with commuting. Learn nutrition, posture, sleep, and stress strategies to improve well-being. Develop a plan for a healthier commute. | 45–60-minute webinar |
| Desk Workers KP | Find out effective ways to stay active while working at a desk. Discuss common health problems experienced by office workers, and strategies to improve activity levels and stress at your work desk. <u>In this workshop, participants will:</u> <ul style="list-style-type: none"> Learn the health risks associated with a sedentary lifestyle. Discuss effective ways to be active while working at a desk. Create a plan to incorporate physical activity and stress reduction into your workday. | 45–60-minute webinar |
| Finding Your Voice- Addressing Weight Loss Challenges YMCA | In this interactive workshop, you'll learn how to have tough conversations about weight loss. Understand your why and learn how to overcome common challenges associated with weight loss. | 30-minute workshop In-person or virtual |



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| Good for You, Good for the Planet KP | Understand how changes to improve your well-being also can help the environment for a healthy planet. | 45–60-minute webinar |
| Healthy Aging for Women KP | Delve into menopause and sleep for women. | 45–60-minute webinar |
| Healthy Habits KP | Learn how to make healthy habits stick, from eating well to being more active to managing stress, and more. This workshop focuses on goal setting and action planning for behavior/habit changes associated with any lifestyle factors. <u>In this workshop, participants will:</u> <ul style="list-style-type: none"> ▪ Learn how to turn a lifestyle change into a habit. ▪ Discuss barriers and triggers for positive health changes. ▪ Make an action plan for your habit changes. | 45–60-minute webinar |
| Living Heart Healthy KP | Become familiar with key healthy behaviors to reduce the risk of heart attack and stroke. Includes a discussion of physiology, risk factors, and prevention of heart disease. <u>In this workshop, participants will:</u> <ul style="list-style-type: none"> ▪ Learn about heart disease and its risk factors. ▪ Understand risk factors for heart attack and stroke. Gain motivation to make lifestyle changes and reduce your heart disease risk. | 45–60-minute webinar |
| Look Around – How Your Environment Influences Weight Loss Success YMCA | In this interactive workshop, you'll learn how your physical and social environment influences your healthy eating and physical activity practices. | 30-minute workshop In-person or virtual |
| Managing Your Weight KP | Adopt healthier lifestyle habits to help with weight management. <u>In this workshop, participants will:</u> <ul style="list-style-type: none"> ▪ Identify challenges and barriers to maintaining an ideal weight. ▪ Discuss proven successes as a group. ▪ Review physical activity recommendations. ▪ Learn about healthy eating tools. | 45–60-minute webinar |



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| | <ul style="list-style-type: none"> Understand how a healthy environment and mindset impact your goals. | |
| Menopause and Weight Loss YMCA | <p>In this interactive workshop, you'll learn how hormone changes, age, lifestyle, and genetic factors during menopause can affect body weight.</p> | 45-minute workshop In-person or virtual |
| Pre-Diabetes KP | <p>Provide education regarding diagnosis, complications, and how to reduce pre-diabetes and diabetes risk.</p> <p><u>In this workshop, participants will:</u></p> <ul style="list-style-type: none"> Define pre-diabetes, diabetes, and its health risks. Identify glucose goals. Review health complications associated with diabetes. Discuss the roles of physical activity and healthy eating in achieving and maintaining a healthy lifestyle. Develop an action plan to put into practice. | 45–60-minute webinar |
| Repetitive Motion KP | <p>Avoid repetitive motion injuries and understand proper ergonomics in the workplace.</p> <p><u>In this workshop, participants will:</u></p> <ul style="list-style-type: none"> Learn about Repetitive Motion Injuries (RMIs) and what causes them. Understand proper ergonomics in your workplace. <p>Discuss options and strategies to avoid RMIs and reduce pain.</p> | 45–60-minute webinar |
| Quitters Can Win KP | <p>Learn how to quit your tobacco of choice.</p> <p><u>In this workshop, participants will:</u></p> <ul style="list-style-type: none"> Get help with quitting a chosen tobacco product. Learn about the nature of tobacco dependence. Understand medications and relapse prevention techniques. Develop a personalized plan to quit. | 45–60-minute webinar |
| Save Your Skin in the Sun KP | <p>Explore practices for sun safety, skin protection, and sunscreen labeling.</p> <p><u>In this workshop, participants will:</u></p> <ul style="list-style-type: none"> Learn facts about the skin, the largest organ of the human body. Discover relationships between lifestyle habits and skin health. Discuss the impact of sun exposure and how to be safe in the sun. Review skin protection measures including sunscreen use and its labeling. | 45–60-minute webinar |



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| Screen Time for Kids KP | Gain tips to manage technology for kids including social media, while modeling positive behaviors with technology use. Discover guidelines for kids, impact, and how to make a change. | 45–60-minute webinar |
| Self-Monitoring Your Weight Loss YMCA | Research shows that individuals who weigh themselves regularly are more likely to experience weight loss and weight maintenance success. Additionally, those who write down their foods and beverages have greater food awareness and report higher satisfaction levels with weight loss efforts. In this interactive workshop, participants will discuss self-monitoring strategies. | 30-minute workshop In-person or virtual |
| Stroke Prevention KP | Understand the types and symptoms of stroke, risk factors including blood pressure, and steps to take to prevent a stroke. <u>In this workshop, participants will:</u> <ul style="list-style-type: none"> ▪ Learn about stroke and its risk factors. ▪ Identify stroke symptoms and the steps to take if experiencing symptoms. ▪ Discuss the vital role of blood pressure in stroke risk and how to control your blood pressure. ▪ Develop an action plan and put it into practice. ▪ | 45–60-minute webinar |
| Take Control of Your Diabetes KP | Describe the condition, its diagnosis, and methods for blood glucose control. <u>In this workshop, participants will:</u> <ul style="list-style-type: none"> ▪ Learn what diabetes is and how it is diagnosed. ▪ Discuss the ABCs of diabetes for self-management: A1c, Blood Pressure, and Cholesterol. ▪ Understand the cornerstones of diabetes management: healthy eating, physical activity, self-monitoring, medication adherence, and mind-body balance ▪ | 45–60-minute webinar |



Healthy Eating and Nutrition Webinars and Trainings

| Title/Provider | Description | Notes |
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| Anti-Inflammatory Eating KP - NEW | Discover foods that reduce inflammation in the body and promote overall health. Includes discussion of diets high in whole plant foods, healthy fats, and fermented items, and that stabilize blood sugar. | 45–60-minute webinar |
| Barriers to Regular Healthy Eating* YMCA | This webinar is a part of the YMCA's HEAL series. HEAL stands for Healthy Eating Active Living, and at the Y that's what we're all about. In this interactive workshop, you'll learn to identify and address your personal barriers to healthy eating. | 30-minute workshop In-person or virtual |
| Building Healthy Meals KP | Uncover how to manage your meals from creative ideas about preparing, planning, and organizing your family meals for the week. <u>In this workshop, participants will:</u> <ul style="list-style-type: none"> ▪ Learn about portion sizes. ▪ Explore portion distortion. ▪ Understand the differences between “portion” versus “serving.” ▪ Discuss tools for portion control. | 45–60-minute webinar |
| Dietary Approaches to Stop Hypertension YMCA | In this interactive workshop, you'll learn about hypertension, what it is, and how it negatively impacts overall health. You'll also learn how the DASH eating plan – Dietary Approaches to Stop Hypertension – can help to prevent or control high blood pressure. | 45-minute workshop In-person or virtual |
| Eat Well KP | Learn the principles of good nutrition for overall health and well-being. <u>In this workshop, participants will:</u> <ul style="list-style-type: none"> ▪ Examine the principles of good nutrition. ▪ Review how healthier diets lower the risk of chronic conditions. ▪ Discuss strategies for eating well. ▪ Explore tools for healthy eating. ▪ Develop an action plan to stay motivated to eat well. | 45–60-minute webinar |
| Food-Mood Connection KP - NEW | Understand the concept of nutritional psychology – how food affects your mood – and explore the connection between mind & diet. Includes discussion of diets that lower the risk of mood swings, fatigue, and depressive symptoms. | 45–60-minute webinar |



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| Holiday Eating KP | Discuss holiday meals, handling social situations, and staying active during the holiday season. <u>In this workshop, participants will:</u> <ul style="list-style-type: none"> ▪ Explore ways to practice healthy eating while enjoying and celebrating the holidays. ▪ Discuss challenges encountered in maintaining a healthy diet during the holiday season. ▪ Plan coping strategies for the holidays. Develop an action plan to put into practice. | 45–60-minute webinar |
| Intuitive Eating KP | Understand Intuitive Eating and how to put it into practice. In our one-hour workshop, participants will learn: <ul style="list-style-type: none"> ▪ The principles of Intuitive Eating ▪ Hunger & Mindful Eating Tips ▪ Make Peace with Food ▪ Alternate Coping Strategies | 45–60-minute webinar |
| Plant-Based Eating KP | Learn the principles of whole food plant-based eating, and how to put them into practice. <u>In this workshop, participants will:</u> <ul style="list-style-type: none"> ▪ Learn principles of Whole Foods Plant Based (WFPB) eating. ▪ Discuss the health benefits of a plant-based eating lifestyle. ▪ Develop a plan around eating more plant-based foods. | 45–60-minute webinar |
| Portion Control and Mindful-Based Eating YMCA | Eating is a social, emotional, cultural, and traditional practice. In this interactive workshop, you'll discover how your age, gender, cultural and ethnic background can influence your eating practices. You'll also learn about mindful-based eating practices and discover tips for better portion control to bring joy back to eating. | 30-minute workshop In-person or virtual |
| Reading Food Labels YMCA | In this interactive workshop, you'll learn to read and assess The American Food Label, including Nutrition Facts and Ingredients Lists, to ensure greater variety, moderation, and balance in your dietary intake. | 30-minute workshop In-person or virtual |
| What the Fat? YMCA | In this interactive workshop, you'll learn about the benefits of dietary fat, the different types of dietary fat, and the daily recommended intake (DRI) for fat. | 30-minute workshop In-person or virtual |



Physical Activity and Exercise Webinars and Trainings

| Title/Provider | Description | Notes |
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| Barriers to Regular Physical Activity YMCA | In this interactive workshop, you'll learn to identify and address your personal barriers to regular physical activity. You'll discuss the common challenges associated with being active and make a personal plan to approach movement as a strategy for lifelong well-being. | 30-minute workshop In-person or virtual |
| Fitting It In! Tips for Regular Activity KP | Describe the benefits of physical activity, developing an exercise plan, overcoming barriers, and staying motivated. <u>In this workshop, participants will:</u> <ul style="list-style-type: none"> ▪ Learn about the benefits of exercise. ▪ Discuss what "counts" as exercise. ▪ Brainstorm barriers to being active and how to overcome them. ▪ Create an exercise plan to stay motivated. ▪ Practice a 5 to 7-minute low to moderate-intensity exercise. | 45–60-minute webinar |
| The Next Step - Exercise at a Higher Level KP | Outline a comprehensive exercise program to address every aspect of physical fitness – aerobic, strength, flexibility, stability, and balance. <u>In this workshop, participants will:</u> <ul style="list-style-type: none"> ▪ Explore the essentials of physical activity. ▪ Learn how to make a weekly exercise plan. ▪ Build on your current exercise program to get the most out of your workout. | 45–60-minute webinar |
| Desk Workers KP | Find out effective ways to stay active while working at a desk. Discuss common health problems experienced by office workers, and strategies to improve activity levels and stress at your work desk. <u>In this workshop, participants will:</u> <ul style="list-style-type: none"> ▪ Learn the health risks associated with a sedentary lifestyle. ▪ Discuss effective ways to be active while working at a desk. ▪ Create a plan to incorporate physical activity and stress reduction into your workday. | 45–60-minute webinar |



Group Exercise and Movement Classes

| Class/Provider | Description | Notes |
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| Basic Strength YMCA | Utilizing current exercise science for cardiovascular and muscle fitness; the class focus is conditioning for strength, power, and endurance. Non-impact options included. Great for all fitness levels Limited availability | 30, 45, 60-minute session session In-person or virtual |
| Basic Core YMCA | A stronger core supports everything you do! From activities of daily living to athletic pursuits; this class will help you move better. Non-impact options included. Great for all fitness levels. Limited availability | 30, 45, 60-minute session session In-person or virtual |
| Boot Camp YMCA | A class format that includes cardio, agility, core strength, and balance. Regressions and progressions will be given so all fitness levels are welcome. Limited availability | 30, 45, 60-minute session session In-person or virtual |
| Cardio Kickboxing YMCA | High-intensity workout with kick and boxing combination. Suitable for all levels Limited availability | 30, 45, 60-minute session session In-person or virtual |
| Chair Exercises/Chair Yoga KP SF Rec & Parks SFHSS Well-Being YMCA | Chair exercises/yoga offers gentle stretching and strengthening. This class aims to bring benefits such as stress reduction, and relief for common discomforts of neck and shoulder strain or back ache. Guided demonstrations and practice exercises while seated. | 15, 20, 30-minute session session In-person or virtual |
| HIIT – High-Intensity Interval Training YMCA | High-Intensity Interval Training is a nonstop interval training designed to increase your stamina, speed, and strength. Limited availability | 30, 45, 60-minute session session In-person or virtual |
| Kayaking for your Well-Being SF Rec & Parks | Kayaking is a great workout that blends cardio with low-impact strength training. It strengthens arms and shoulders without stressing joints, suitable for different fitness levels. Being outdoors on the water also reduces stress and boosts mental | Available Only: March, April, May, September, October, and November |



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| | <p>well-being. So, beyond the fun and adventure, kayaking offers a holistic approach to fitness and mental health.</p> <p>At Lake Merced (North Lake Dock, across the street from Lake Merced Boathouse). Equipment and life vests are provided. Participants must watch kayaking training videos and sign a waiver before participating.</p> | <p>Mondays, Wednesdays, and Fridays</p> <p>1-hour sessions: 11 am-12 pm OR 12 pm-1 pm</p> <p>6 minimum-10 maximum participants per hour</p> |
| Meditation & Mindfulness SF Rec & Parks YMCA | <p>These sessions offer accessible, stress-relieving, and moments of clarity for the modern-day overstretched mind. You will gain access to energizing breathing exercises, guided meditations, mindful stretching, and breath-focused practices.</p> | <p>15, 20, 30-minute session</p> <p>In-person or virtual</p> |
| Pilates YMCA | <p>A blend of strength and flexibility training to improve posture, reduce stress, and create long lean muscles. Pilates takes a balanced approach so that no muscle group is overworked, and the body moves as an efficient, holistic system in sport and daily activity. Incorporating the fundamentals of Pilates, this class is appropriate for all students.</p> <p>Limited availability</p> | <p>45–60-minute session</p> <p>In-person or virtual</p> |
| Tai Chi SF Rec & Parks | <p>Learn simple yet powerful movements that are easy and can help with stress reduction. Benefits include increased energy and balance, mental clarity, and help with the regulation of blood pressure. Suitable for both beginning and continuing students, regardless of your age, physical condition, or agility.</p> | <p>30, 45, 60-minute session</p> <p>In-person or virtual</p> |
| Yoga SF Rec & Parks YMCA | <p>Join yoga and experience its many benefits, including relaxation, improved circulation, strength, balance, and flexibility. Regular participation can help you gain greater efficiency of movement, fewer postural issues, and recover quicker from life's minor aches and pains</p> | <p>30, 45, 60-minute session</p> <p>In-person or virtual</p> |
| Yogalates YMCA | <p>Yogalates is an exercise technique that combines the benefits of core strength training of Pilates and the flexibility of yoga in one session.</p> <p>Limited availability</p> | <p>30, 45, 60-minute session</p> <p>In-person or virtual</p> |



Special Programs

| Class/Provider | Description | Notes |
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| Basic Health Screening KP Health Net | Do you know your numbers? Attend a Health Screening and discover your numbers for three major health risk factors: Total cholesterol, HDL, glucose, and blood pressure Each screening takes approximately 10-15 minutes and is non-fasting. | 30-participants minimum. Registration required: Online appointment scheduler link provided |
| Advanced Health Screening KP Health Net | Do you know your numbers? Attend a Health Screening and discover your numbers for major health risk factors: Include obtaining Total Cholesterol, HDL, Glucose, Blood Pressure, Height, Weight, BMI, Body Fat Percentage. Each screening takes approximately 15-20 minutes and is non-fasting. | 30-Participants minimum. Registration required: Online appointment scheduler link provided |
| Total Health Package KP Health Net | Do you know your numbers? Attend a Health Screening and discover your numbers for five major health risk factors: Total cholesterol, HDL, Low Density Lipoprotein (LDL), Triglycerides, Glucose, Blood Pressure, Measured Height, Weight & Waist Circumference, BMI and Body Fat % Each screening takes approximately 15-20 minutes and is non-fasting. | 30-participants minimum. Registration required: Online appointment scheduler link provided |
| Healthy Habits Program* KP | In this 6-week program, we'll help you tackle issues in your day-to-day life that make weight loss difficult, such as stress, lack of sleep, easy access to unhealthy food, and finding time to exercise. Learn how making healthy lifestyle choices, including regular exercise, proper nutrition, and keeping a positive attitude, can help you lose weight and keep it off. Program includes group sessions led by a Lifestyle Coach, 6-weeks of classes, topics include: weight, nutrition, exercise, stress, and staying motivated. | Virtual 45-60-minute sessions weekly for 6 weeks in a group coaching format. Required Participation: Minimum 12, Maximum 30 Registration required: Platform for registration is facilitated through KP and requires participants to complete a pre/post survey. |



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| Lifestyle Medicine Program (7 sessions) KP – NEW | Address 6 core topics of building a healthy lifestyle: 1) nutrition, 2) physical activity, 3) stress management, 4) sleep, 5) social connections, and 6) avoidance of risky substances, in a group cohort setting. Includes weekly individual coaching | 45-60 minutes/session Virtual live sessions |
| Small Group Coaching KP | Sessions will discuss goal setting and action planning for behaviors and habits associated with lifestyle factors. Through coaching, participants will learn how to turn lifestyle changes into habits, discuss barriers & triggers for positive health changes, and make an action plan for their habit changes. Possible session topics: Burnout, meditation, movement, nutrition, resiliency, sleep, stress. | 30-60 minutes Virtual live sessions Max 25 Participants |
| Wellness Coaching KP | Reserve your spot to meet one-on-one with a Lifestyle Coach. Appointments can focus on healthy eating, weight management, physical activity, sleep, and managing stress. Appointments are 20 minutes and are conducted over the phone. During the time with the Coach, you will set goals, discuss potential challenges, address barriers, and celebrate success. | 4-hour minimum Virtual via MS Teams Can be requested as a one-time event or as a series. Registration required: Appointment scheduler provided |
| Women's Healthy Aging Series KP - NEW | Multiple sessions that cover menopause & perimenopause, healthy sleep, preventative care, caregiver self-care, and stress management. Tailored for women's midlife years. | 45-60-minutes/session Virtual live sessions |