

February 2026 Calendar of Events

Visit sfhss.org/events for more details



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <ul style="list-style-type: none"> • Yoga – Hatha (Virtual) 12PM 	<p>3</p> <ul style="list-style-type: none"> • Yoga (Virtual) 5:30 PM 	<p>4</p> <ul style="list-style-type: none"> • Webinar: Dietary Approaches to Stop Hypertension (Virtual) 12 PM • Yoga at City Hall (In-Person) 12:10 PM 	<p>5</p>	<p>6</p> <ul style="list-style-type: none"> • National Wear Red Day Challenge <small>American Heart Association.</small>  Submit photos to well-being@sfgpv.org by 2/15
<p>9</p> <ul style="list-style-type: none"> • Yoga – Hatha (Virtual) 12PM 	<p>10</p> <ul style="list-style-type: none"> • Health Screening: “Know Your Numbers” Health Screening (49 South Van Ness) 9 AM-3 PM • Yoga (Virtual) 5:30PM 	<p>11</p> <ul style="list-style-type: none"> • Webinar: Living Heart Healthy (Virtual) 12 PM • Yoga at City Hall (In-Person) 12:10 PM • Webinar: New Year, New Financial Me: Get Tax-Ready & Master Your Money (Virtual) 1 PM • Healthy Habits: Cohort 2/11-3/18 (Virtual) 	<p>12</p> <ul style="list-style-type: none"> • Health Screening: “Know Your Numbers” Health Screening (1145 Market St.) 9 AM-2 PM • Webinar: Developing Will Power and Self-Control for Behavior Change (Virtual) 12 PM 	<p>13</p>
<p>16</p> <ul style="list-style-type: none"> • Yoga – Hatha (Virtual) 12PM 	<p>17</p> <ul style="list-style-type: none"> • Yoga (Virtual) 5:30PM 	<p>18</p> <ul style="list-style-type: none"> • Webinar: Plant Based Eating (Virtual) 12 PM • Webinar: The Heart of Well-Being (Virtual) 12 PM • Yoga at City Hall (In-Person) 12:10 PM 	<p>19</p> <ul style="list-style-type: none"> • Employee Resource Group: Caregivers(Virtual) 1PM • Wellness Coaching Series 1: 2/19, 3/5, 3/19 (Virtual) 11AM-4 PM 	<p>20</p> <ul style="list-style-type: none"> • Webinar: Yum! Meal Prep Demo: Heart Healthy Foods (Virtual) 12 PM
<p>23</p> <ul style="list-style-type: none"> • Yoga – Hatha (Virtual) 12PM 	<p>24</p> <ul style="list-style-type: none"> • Screening: “Know Your Numbers” Health Screening (1000 El Camino Real, Millbrae) 7AM-12:30 PM • Yoga (Virtual) 5:30PM 	<p>25</p> <ul style="list-style-type: none"> • Webinar: Take Control of Your Diabetes (Virtual) 12PM • Yoga at City Hall (In-Person) 12:10 PM • Diabetes Prevention Program-Info Session #1(Virtual) 5:30 PM 	<p>26</p> <ul style="list-style-type: none"> • Webinar: Emotional Eating: The Connection Between Mood and Food (Virtual) 12 PM • Webinar: Be Heart Smart Millennials to Baby Boomers (Virtual) 12:30 PM 	<p>27</p> 