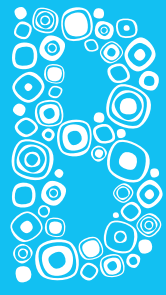


LIVE FEEL BETTER



MAKE 2020 DIFFERENT!

Join a program that can support your well-being goal and make a commitment to stay healthy all year long.

Learn more and register today at: sfhss.org/well-being

KNOW YOUR NUMBERS



HEALTH SCREENINGS

Get started by knowing your numbers so you can focus your attention where you need it most. *Free* 20-minute health screenings will be offered at work locations across the City.

Limited spaces available. Appointments are required, schedule an appointment at: sfhss.org/well-being/health-screenings

January 21

1990 Newcomb
Wellness Center

January 28

1650 Mission
5th Floor Atrium

January 30

Pier 1
Bayside 1 Room

February 7

Hall of Justice
850 Bryant Street

January 22

USD Administration
555 Franklin Street

January 28

Police Headquarters
1245 3rd Street

February 3

30 Van Ness
SFPW University
3rd Floor

February 10

City Hall
1 Carlton B. Goodlett Place
Suite 305

January 23

200 Paul Street
Building B

January 29

1 South Van Ness
Bay View Room
4th Floor

February 5

525 Golden Gate Avenue
O'Saughnessy Room

February 11

101 Grove Street
Room 302

January 27

de Young Museum
50 Hagiwara Tea Garden Dr.

January 29

PUC Millbrae
1000 El Camino Real

February 6

1390 Market Street
Room 910

February 14

SFHSS Wellness Center
1145 Market Street
Suite 100

GET SUPPORT



HEALTHY WEIGHT PROGRAM

Join this 7-week program led by a Wellness Coach who will provide guided discussions that impact healthy behaviors for nutrition, exercise, stress, and staying motivated.

**Register for a program near you. Registration required.
Sign up today at: sfhss.org/well-being/healthyweightprogram**

February 12, 2020

525 Golden Gate Avenue
Tuolumne Conference Room
Wednesdays
12:30pm-1:30pm

February 20, 2020

Wellness Center
1145 Market Street
Suite 100
Thursdays
12:10pm-12:55pm