

February 2017



ZUCKERBERG
SAN FRANCISCO GENERAL
Hospital and Trauma Center

WE DO WELLNESS

Community Wellness Program

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SPOT LIGHT



When Royster worked at the SF Chronicles, he biked and played basketball daily. After leaving his job, he was shocked to discover his multiple health conditions. Royster decided it was time to focus on his wellness. With the Wellness Center instructors' encouragement, Roy started to enjoy the muscle soreness from WOW classes like strength training, kickboxing, and the reward from challenging his physical limits in yoga. Since participating in WOW classes, he has seen his overall health improve, even his blood sugar.

Royster takes pride not only in being a frequent participant of the Community Wellness Center, but also in encouraging others to "go take advantage of all kinds of great stuff at the Wellness Center!" The center has assisted Roy in creating a sustainable healthy lifestyle and a community of support.



Food Smart's Workshops

Join us for FREE Six Week Series of nutrition and cooking workshops!

Every Thursday 9:00-10:30am Feb 9th - March 16th

Place: ZSFG Community Wellness Center

Building 5, Rm 2D35

Call the Community Wellness Center or drop by to register!

Food Smart's Workshops provides FREE nutrition and cooking demonstrations to teach about shopping and budgeting tips, healthy eating, balanced meals, and how to achieve your health goals.



WELLNESS IN THE BAY

Free Saturday Nature Walks with SF Red & Park at 10:00am, just show up!



Golden Gate Park / Stow Lake (First Saturday of Month) at the Boathouse in Golden Gate Park

Lake Merced (Second Saturday of Month) at the Boathouse 1 Harding Road

McLaren Park (Third Saturday of Month) at University & Mansell

Hérons Head (Fourth Saturday of Month) at Jennings Street off Cargo way

Please remember to wear comfortable shoes, sunscreen, and to bring water. It will roughly be a 2 hour walk. www.SFrecpark.org/hphp



IMPERFECT
produce

IMPERFECT PRODUCE

Community Supported Agriculture Program

ZSFG community, staff and patients can get fresh produce delivered to your door for 50% ZSFG discount.

Stop by or call the Wellness Center for discount codes!

Did you know that tons of great produce gets thrown in the landfill because they don't look "perfect" on the outside?

www.imperfectproduce.com

Schwartz Center Rounds

Perspectives on the Opiate Epidemic

Thursday, February 9th 12-1pm

Lunch Provided

* Staff Badge Required for Entry

Please join us for our next Schwartz Rounds focusing on Opiate Epidemic and chemical dependency. How do the consequences of opiate dependency effect us as caregivers? We'll discuss how we can support each other and deliver more compassionate care.



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