WE DO WELLNESS

ZWFG Community Wellness Program

SPOT LIGHT

“This is my therapy.”

Valiree, a San Francisco Native Puppeteer and valued Community Wellness Center (CWC) participant since 2013, first found the CWC by accident. At the time, Valiree was in a wheelchair and attending physical therapy sessions at ZSFG. On the way to the cafeteria, she heard music and people exercising. Valiree caught the attention of a staff member who urged her to join Chair, Stretch, & Boogie. She now attends various classes 3-5 times a week!

Valiree wants to inspire others who are going through depression, problems with movement, or just want to get healthier to join a class. She said “here, everyone encourages each other” and it’s like an “extended family.” Valiree is motivated from all the support she receives from the participants and instructors. After coming to the Wellness Center, her movement has improved so much that she can hula hoop and walk with only a cane. She expects to walk on her own soon!

GET FIT WITH CHAIR, STRETCH, & BOOGIE!

Chair Stretch and Boogie is a low-impact program that encourages health and fitness for active people or those whose physical condition, mobility challenges, or age, limit their participation in traditional forms of exercise. Chair Stretch and Boogie is a fun and unique form of exercise that improves muscle tone, flexibility, and cardiovascular endurance while you are seated in a chair. Classes are led with fun music and high energy instructor—join us weekly on Wednesdays at 3:30pm!

Schwartz Center Rounds

Race and Allies in the Workplace
November 10th from 12-1pm, Lunch Provided

Our November caring for the caregiver, Schwartz Rounds, will focus on improving working relationships with co-workers in a racially charged environment. The goal is to understand our experiences about racism, break down some of the stereotypes about race, and to discuss the emotional impact of these stereotypes in hopes to create greater compassion for each other and our patients. (Staff Only, Badge Required)

GET ACTIVE

November

Thanksgiving Day 5K
San Francisco
11/24 - 6:30a.m
The Embarcadero

For more info visit: runthanksgivingday.com

Zuckerberg San Francisco General
Community Wellness Center
www.sfghwellness.org