



WE DO WELLNESS

ZSFG 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)**

In This Issue:

- ◆ Spot Light
- ◆ Chair, Stretch, & Boogie
- ◆ Wellness In The Bay
- ◆ Schwartz Rounds (Staff Event)
- ◆ Get Active
- ◆ Flu shots are here!

WELLNESS IN THE BAY

Day of The Dead Health & Wellness Event

Developing a movement that will help strengthen the health and wellness of the Latino community living in San Francisco through a collective impact approach. This movement will support the process of empowerment through education and will connect the Latino community to culturally appropriate services.



Saturday, Nov. 5
10:00AM—2:00PM

Mission Community
Everett Middle School

GET ACTIVE NOVEMBER

Thanksgiving Day 5K
San Francisco

11/24 - 6:30a.m

The Embarcadero

For more info visit :
runthanksgivingday.com