

Working on Wellness Newsletter

COMMUNITY WELLNESS PROGRAM



MONTHLY SCOOP

NEW W.O.W Series!

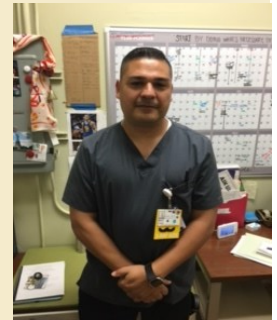
Exciting New Classes!!!!



- ◆ **Soul Line Dancing**— Mondays at 4:00PM
- ◆ **Muscle Up Fitness with Hassan**— Tuesdays at 12:00PM
 - ◆ **Tai Chi** — Wednesdays at 6:00 PM
- ◆ **Qi Gong & Meditation**— Thursdays at 3:45 PM

Please visit www.sfghwellness.org for our full class schedule

Wellness participant and ZSFG staff member, **Marlon** has recently become extremely dedicated to W.O.W. classes for the last 6 months. Marlon has gained physical strength and confidence! He said that the W.O.W classes are beneficial because they are convenient for staff members. He shared, although the instructors give a challenge, they are very motivational. Go Marlon!



UPCOMING EVENTS

Schwartz Center Rounds (Staff)

July 14th, 12:00PM

Community Wellness Center

Diabetes in Motion

July 15th, 1:20 PM-3:30 PM

Community Wellness Center

Childbirth Education

July 23rd, 1:00PM

Community Wellness Center

NEW Fall Cancer Awareness Resources and Education series!



Chinese: Mondays, 1:30-4:00PM

English: Tuesdays, 5:30-7:30PM

Spanish: Thursdays, 5:30-7:30PM

CONTACT US

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www.sfghwellness.org

DID YOU KNOW?

Regular physical activities can strengthen the heart, lower blood pressure, and reduce body fat along with many other health benefits.

COME JOIN A FREE CLASS TODAY!