

We Do Wellness Newsletter

August Wellness Edition

COMMUNITY WELLNESS PROGRAM

TWO Cooking Demonstrations This Month

- Join us in the Community Wellness Center on August 9, 2016 at 1:00 P.M. for a special cooking demonstration with Chef Warren
- Regular scheduled Cooking demonstration with Chef McConkie will take place on August 25th at 12:00 PM in the Community Wellness Center.



Dance Your Way to Wellness

Dancing improves flexibility and balance, reduces stress and rates of depression, and helps with weight loss. Join a free dance class today!

Soul Line Dancing, Zumba, Salsa, and Bollywood dance classes available

Please visit www.sfghwellness.org for more details



Important Announcements

- There will be NO harvest for the Garden Giveaways program on August 8, 2016
- FREE 10-minute chair massages on August 4th and August 18th in the Community Wellness Center
- FYI: new newsletter will be mailed out monthly instead of weekly.

MEET & GREET YOUR HEALTHY HEARTS TEAM

Who is our Healthy Hearts Team? Come join us on Tuesday, August 16th from 1:15 pm– 3:15 pm for an afternoon of information and giveaways! Stop by the Community Wellness Center to pick up a cookbook!



CONTACT US

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DID YOU KNOW?

August is National Golf month!

Engage in wellness and play some Golf!

