



**WORKING ON WELLNESS UPDATES**

**WEEKLY MISSION COMMUNITY MARKET**

The Mission Community Market is a weekly, outdoor marketplace at Bartlett and 22nd St. that celebrates the Mission’s diversity with fresh fruits and vegetables, street food, live music, arts, farmers, local businesses, and after-school activities. For the 2015 season, they are offering a **2-for-1 matching benefit for CalFresh** (formerly known as food stamps) users, thanks to a partnership with Bi Rite. CalFresh customers can receive this benefit once per week, for up to \$10 in free produce each time they swipe their card at the market. The market is open every Thursday 4:00-8:00PM.



**TOBACCO RELAPSE PREVENTION WITH MUSIC**

Graduates of the SFGH Stop Smoking Program, Ca Smokers Helpline, patients receiving counseling at SF Health Network clinics, or other non-smokers or nearly non-smokers are invited to attend **a night of exploration -drumming, vocalizing and music making on Thursday August 27th at 5:00PM!** The session will take place in the Community Wellness Center and will be facilitated by Mary Knysh, a cutting edge workshop facilitator and trainer, professional musician, recording artist and author.



**GET YOUR FINANCES IN SHAPE WITH THE FINANCIAL FITNESS CLASS ON AUGUST 31ST**

Every last Monday of the month, Financial Fitness covers topics such as building Savings, getting out of debt, establishing credit, understanding taxes, and protecting your assets. Sessions are presented by bilingual, volunteer financial counseling professionals. Participants will get help to **create a budget and receive referrals to money-saving resources in the community.** The class is FREE! For more information, contact Teresa Garza at (415) 935-0038.



**CONTACT US**

San Francisco General Hospital  
 Community Wellness Center  
 1001 Potrero Ave. Suite 2D35  
 San Francisco, CA 94110  
 Tel: (415) 206-4995

We're on the WEB!  
[www.sfghwellness.org](http://www.sfghwellness.org)

**FREE NATIONAL PARK DAY:  
 AUGUST 25TH**

In honor of the National Park Services’ birthday, you can get FREE admission into any National Park around the United States, including Muir Woods and Yosemite  
 Check out: [www.nps.gov/findapark/feefreeparks.htm](http://www.nps.gov/findapark/feefreeparks.htm) for more information.