



WORKING ON WELLNESS UPDATES

GET SUPPORT AT THE SOJOURN CHAPLAINCY



Did you know that Chaplain's are available for spiritual and emotional support for patients, staff, and visitors to the hospital? Sojourn Chaplaincy is a multi-faith program that offers compassionate attention. Its prayer and meditation room (2C) on the 2nd

floor of the main hospital is open 24 hours a day for self-care. If you are interested in speaking with a Chaplain or would like to make a referral for a loved one, **call (415) 206-8500** with the patient information and a Chaplain will visit as soon as possible.

FIVE SIMPLE WAYS TO STAY HYDRATED, WHETHER ITS HOT OR NOT



Because your body loses fluids through sweat, you can become dehydrated during times of extreme heat. Beat the Bay Area heat & stay hydrated! **Here are some tips from the CDC** of how you can do so!

- Drink more water than usual
- Don't wait until you're thirsty to drink more fluids
- Drink from two to four cups of water every hour while working or exercising outside.
- Avoid alcohol or liquids containing high amounts of sugar

FREE EXERCISE CLASSES AT SPORTS BASEMENT

Did you know that Sports Basement offers a number of free classes and events throughout the week at their different stores? Join a relaxing **Yoga class every Tuesday 6:00 to 7:30 pm** at their downtown store (1590 Bryant Street) all levels are welcome! Or got the itch to run? Join the Sports Basement **Fun Run every Wednesday from 6:30 to 8:30 pm**. The Fun Run is a great way to meet other local runners of all skill levels.



For more information please visit; <http://www.sportsbasement.com/calendar/>

CONTACT US

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We're on the WEB!
www.sfghwellness.org

WELLNESS MEMO

Did you know that hula hooping offers several benefits? One hour of hooping can help you burn just as many calories as the same length of time as an intense workout, such as the treadmill. Drop in to our center and hula hoop a break into your day!