



WORKING ON WELLNESS UPDATES

COOKING DEMO THIS THURSDAY



Did you know that tomatoes are actually citrus fruits? This **Thursday, September 24th from 12-1pm in the Wellness Center**, chef Catherine is back to share another tasty and nutritious recipe, this time using yellow pear tomatoes grown in the hospital's gardens! Come learn how to prepare a new dish, taste a zesty sweet tomato, and learn about the many nutritious benefits of tomatoes and other ingredients used!

FALL CANCER, AWARENESS, RESOURCES, AND EDUCATION SERIES



Cancer Awareness, Resources, and Education

The hospital's CARE program kicked off Monday September 21st with the Chinese CARE group. Next, the English and Spanish groups will begin October 6th and 8th respectively. This series will include five weeks of topics such as new treatment options, cancer wellness and advocacy, super foods and healthy eating, reclaiming native traditions for healing and more! Participants will then celebrate with a closing graduation before the annual holiday party! All group sessions take place in the Wellness Center. **Providers can refer their patients via e-Referral.** For more information, call CARE's direct line at (415) 206-7464.

YMCA DIABETES PREVENTION PROGRAM (DPP) AT SFGH



Good news! The YMCA DPP is again accepting referrals for English and Spanish-speaking patients. Interested patients may call Emily at the YMCA at 415-281-6702 to enroll, or providers can send referrals to audrey.tang@sfdph.org. The DPP is a year-long program offered by the YMCA, co-sponsored by the SFGH Diabetes Center for High-Risk Populations, and **classes will be held at the Community Wellness Center** and neighboring sites. This program is made possible by a grant from the Healthy Hearts SF Project, making it **free** to overweight patients with high risk for developing diabetes. Participants will learn about healthy eating and exercise habits in a group setting, track their intake and exercise, and receive a 4-month YMCA membership!

CONTACT US

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We're on the WEB!
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USE THE WELLNESS CENTER

The Wellness Center is happy to host groups focused on enhancing the wellness of our patients, their families, staff and our neighbors. If you are interested in using the center, please fill out a Program Request Form on our website: <http://sfghwellness.org/forms/programrequestform/>