



WORKING ON WELLNESS UPDATES

FAMILY HEALTH FAIR IN THE BAYVIEW HUNTERS POINT



Spread the word and join the Community Wellness Program at The Southeast Community Facility Commission and partners' 8th Annual Family Health Fair this **Saturday October 3rd from 10:00AM to 2:00PM at the Southeast Community Facility**, 1800 Oakdale Avenue in San Francisco. This year's theme is **"Our Health Matters"**, promoting nutrition, fitness, treatment, mental health, and prevention of chronic health conditions for families. This year's fair will feature Senior and Kids' specific zones, health screenings, cooking demonstrations and vegetable giveaway, raffle prizes, and more!

NEW PATIENT EDUCATION GROUPS AT THE WELLNESS CENTER



We are pleased to announce two new health education groups that will begin in October. **Healthy Living for Adults** will focus on patients with obesity and address central topics such as healthy eating and physical activity. Groups will be led by a dietician and physician. Similarly, **Movement & Nutrition for People with Diabetes** is a partnership between General Medicine Clinic, Syzygy Dance Project and The Caregivers Table that aims to improve health outcomes for patients with diabetes. Please contact the Wellness

Center with any questions.

SAVE THE DATE: VINEGAR PICKLES & PRESERVATION, OCTOBER 22ND, NOON TO 1:00PM

October's Cooking Demonstration in the Wellness Center will be a **hands-on workshop on quickly and safely preserving a variety of vegetables in vinegar!** Come learn from Master Food Preservers how to make delicious pickles using simple ingredients, and about the nutritional benefits of eating pickled foods.



CONTACT US

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

HYPED HULA

Join your colleagues in a peer-led **hula workout Tuesdays from noon to 1:00PM**. Bring your own hula hoop if you have one!