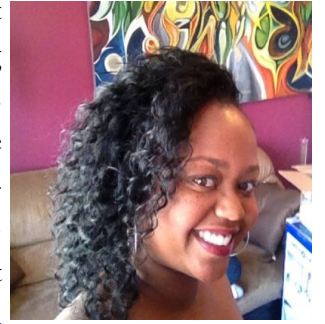




### WORKING ON WELLNESS UPDATES

#### INTRODUCING OUR NEW HIP HOP DANCE INSTRUCTOR

**Jasmine Douville** is an educator, dancer and community activist focusing her art on how cultures are perceived in America. Teaching in the community for the past five years, she strives to show students the importance of dance education. Jasmine will be teaching the **Hip Hop dance** class every **Tuesday at 1:00 PM** at the Community Wellness Center. Jasmine's choreography has elements of B-Boying mixed with video-style choreography. Classes usually consist of a **warm-up, stretching, across the floor exercises and choreography.**



#### SCHWARTZ CENTER ROUNDS



Please join us on **Thursday September 10th from noon to 1 PM** for the Schwartz Center Rounds at The Community Wellness Center. These rounds strengthen the caregiver-patient relationship and also improve teamwork and appreciation for roles of colleagues from different disciplines. The topic for this month is about **Challenges Working with Older Adults**. Open to ALL employees, clinicians, trainees and other SFGH personnel. Please contact us if you would like to serve as a panelist. Lunch will be provided on a first-come first-serve basis.

#### DISCOVER SF URBAN AGRICULTURE ACADEMY

Here's a great opportunity to learn more about growing your own food and making your diet fresh and healthy! On **September 12th from 11:30 AM to 5:00 PM**, join **SFGH Lead Gardener, Anile Woods**, at the SF Urban Agriculture Academy. Learn about building raised beds, how to pickle and preserve food, all about irrigation... and more! Anile will be there representing **SF Bee-Cause**, a beekeeping apprenticeship program. Stop by and learn about Urban Beekeeping, observe live bees, and taste some local honey. This **free** event will be held at the County Fair Bldg, located at 1199 9th Ave at the entrance to the SF Botanical Gardens.



For more information, please visit; <http://sfrecpark.org/urban-ag-academy/>

#### CONTACT US

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

#### SCHEDULE CHANGES

For the month of September, **Staff Yoga** on Wednesdays is moving to 12:15-1:15PM.  
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 The Community Wellness Center will be closed on Monday, September 7th in observance of Labor Day.