



WORKING ON WELLNESS UPDATES

San Francisco General Hospital's
Schwartz Center Rounds

What is the Ethical Answer?

Community Wellness Center: Room 2D35 Thursday October 8th at NOON

FREE Lunch! New Topic!
(First Come, First Serve)
#meetme@Schwartz



Open to ALL employees, clinicians, trainees and other SFGH/UCSF/SFHH personnel. Identification badge must be worn to attend.

The following speakers have declared they have no commercial relationships and no disclosure:

Tara Collins
Rosa Wilcox

SCHWARTZ CENTER ROUNDS
THIS THURSDAY

Join the Schwartz Center Rounds on a fascinating case of **Ethical Challenges this Thursday, October 8th**, at noon. Lunch will be provided on a first come, first serve basis.

FARMSHARES AT SFGH



FarmShares delivers 100% local, seasonal food direct from over 40 small family farms to you neighborhood or workplace, year-round. FarmShares is the only CSA committed to local food exclusively from our community of Capay Valley farms. **Select the Mix that works for you!** Bushel : With 11 items, the Bushel is a great size for a family of 2-4 fans of amazing produce! Cost \$30/week. Peck: 7 delicious items are included in the Peck. Cost \$20/week. Bite: This mix includes 5 easy-to-prepare items including at least one fruit. Cost \$16/week. Visit www.capayvalleyfarmshop.com for more information and select SFGH as your pick up location.

OCTOBER IS NATIONAL LUNG HEALTH MONTH

Check in
WITH YOUR
LUNGS

October is all about lung awareness - **Lung Health Day is Oct. 28th** and **National Respiratory Care Week is Oct. 25th - 30th**. The number of Americans affected by lung disease is staggering. Did you know that lung cancer kills more people than the colon cancer, breast cancer, and prostate cancer combined? Air pollutants such as tobacco smoke, car exhaust and other irritants can damage lungs and cause illness. To get involved with lung health promotion, visit www.lung.org.

CONTACT US

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

NO CLASSES ON 10/12/15

The Wellness Center will be closed
Monday, October 12th in observance
of Indigenous Peoples Day