



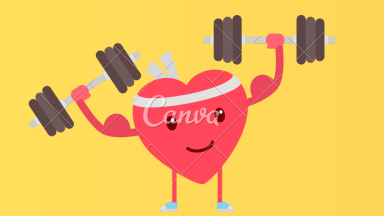
Alice Griffith, Hunters View, Potrero Hill and Sunnydale Wellness Centers are open Monday through Friday from 9:00 a.m. to 5:00 p.m.



“September’s changing colors remind us to embrace the beauty of transformation.” – Donna Henes (2005)

Weekly groups and activities

Calendar



Sunnydale

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Walk this way 10am - 11am</p> <p>Yoga 3pm - 4pm @290 Malosi</p>	<p>Healthy Smoothies 10am - 11am @1654 Sunnydale Blvd.</p> <p>Walk this way 11am - 12pm.</p> <p>Loteria Group Septiembre 24 12pm-2pm @1652 Sunnydale</p> <p>Blood Pressure Pop-up Septiembre 17th 10am-11am @ 1654 Sunnydale</p>	<p>Breakfast with champions 10am - 12pm</p> <p>Walk this way 12pm - 1pm</p> <p>Art & Relaxation Starts: September 4th 2:30 - 4:30pm on Zoom</p> <p>Zumba 5:30pm - 6:30pm</p>	<p>Super Seniors 11:30am - 1:30pm @290 Malosi</p> <p>Walk this way 10am - 11am</p> <p>National Latino Heritage Sept 19th 4pm - 7pm @290 Malosi</p>	<p>Resource Table 10am - 12pm</p>

Hunters View

<p>B.A.B.Y Fitness (becoming a better version of yourself) 3pm- 5pm</p> <p>Meet the Nurse 10am - 12pm</p> <p>Women's Healing Group 4pm - 5pm</p>	<p>Men's Health Group Start: August 20 2pm- 3pm 901 Fairfax</p> <p>Baby Fitness 3pm- 5pm</p>	<p>Happy Healthy Holistic Hour 12:30pm - 2:30pm @ 901 Fairfax</p> <p>Art & Relaxation Starts: September 4th 2:30pm - 4:30pm on Zoom</p> <p>Wellness in Motion 3pm - 4pm</p> <p>Baby Fitness Personal Trainer By appointment</p>	<p>Wellness in Motion 11am - 12pm</p> <p>Baby Fitness 11am - 1pm</p>	<p>Baby Fitness By appointment</p> <p>Meet the Nurse 10am - 12pm</p>
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Potrero Hill

<p>Resource Table 10am - 12pm</p> <p>Walking Group TBD</p>	<p>Pantry 9:30am - 1:30pm</p>	<p>Resource table 10am - 12pm</p> <p>Art & Relaxation Starts: September 4th 2:30pm - 4:30pm on Zoom</p>	<p>Blood Pressure Pop-up 2pm - 3pm @1101 Connecticut St</p> <p>Zumba 4:00pm - 5:00pm Starts: September 12</p>	<p>Cafe Con Leche Bilingual Social Support Group 10am - 12pm Septiembre 6 & 20</p> <p>Meet the Nurse 10am - 12pm</p>
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Alice Griffith

<p>Zumba 5pm - 6:30pm</p>	<p>Healthy Eating 1:30pm - 3:30pm</p> <p>Blood Pressure Pop-up 3:30pm - 4:30pm</p> <p>Zumba 5pm - 6:30pm</p>	<p>Art & Relaxation Starts: September 4th 2:30pm - 4:30pm on Zoom</p>	<p>Walking Group 10am - 12pm</p>	<p>Zumba 5pm. - 6:30pm</p>
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Programs and Services

Behavioral Health Services:

Clinicians and Wellness Navigators provide a range of services to support resident's mental health needs and overall well-being. Services include: mental health assessments, short term therapy, workshops, case management, and crisis support.

The Community Health Ambassador Program:

The Community Health Ambassador Program provides individuals with a unique opportunity to become advocates for health and wellness within their communities. They gain the knowledge and skills needed to support others and promote healthy habits. Through a comprehensive training program, ambassadors cover topics such as disease prevention, nutrition, and mental wellness. If you are interested in learning more or in joining our team, please visit <https://www.ymcasf.org/CHAMP> or speak with an on-site staff member who will be able to provide more information.

Nursing Services:

Registered nurses provide care links (primary care and urgent care) to residents, providing chronic and acute disease management, blood pressure screenings, pregnancy testing, emergency contraception (Plan B), flu vaccines, TB screenings, home visits, free over-the-counter medications, and more. For more information or to make an appointment with our nurse, please contact our wellness centers directly.

If you or someone you know is experiencing a mental health emergency, please call:

Comprehensive Crisis Services: (628) 217-7000

Medical Emergency: 911

SF Suicide Prevention: (415) 781-0500

LGBTQ/In Crisis young people: (866) 488-7386



SUNNYDALE
1652 Sunnydale Avenue
(628)217-5320

HUNTER VIEW
901 Fairfax Avenue
(628)217-5220



POTRERO HILL
1700 25th Street
(628)217-5200

ALICE GRIFFITH
2600 Arelious Walker Dr
(628)217-5340

September birth flowers: Asters and Morning Glories

