

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.





## DECEMBER

HOPESF will be closed on Wednesday, December 25th

Monday

Walk this way

2pm - 3pm

@1530 Sunnydale

**B.A.B.Y Fitness** 

becoming a better version of

vourself)

3pm-5pm

Weekly Groups and Activities

@1530 Sunnydale @ 1530 Sunnydale

Wednesday

Breakfast wtih

Champions

ioam - 12pm

Art & Relaxation

HOPESF sites will be closed from 12pm to 5:30pm on Thursday, December 19th

## Sunnydale

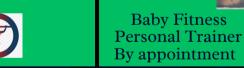
Flu Pop-up Monday Dec 16th 3pm - 4pm @1530 Sunnydale

Yoga 3pm - 4pm @1530 Sunnydale

Walk this way **Healthy Smoothies** 11am - 12pm 10:00am - 11:30am @1530 Sunnydale @1530 Sunnydale Grupo de Loteria Flu Pop-Up December 10th Dec 3rd & 17th 10am - 11am 12pm-2:30pm 01530Sunnvdale

Tuesday

@290 Malosi Men's Health Group 2pm-3pm 2901 Fairfax



Happy Healthy Holistic Hour 12pm - 2pm @901 Fairfax

2:30pm-4:30pm on Zoom 5:30pm - 6:30pm



Art & Relaxation 2:30pm - 4:30pm On Zoom

Walk this way 2pm - 3pm





Thursday

Walk This Way 2pm - 1 pm @1530 Sunnydale

Wellness in Motion

Baby Fitness

3pm - 5pm

11am - 12pm

Resource Table 10am - 12pm

Friday



Baby Fitness

By appointment

**Hunters View** 

Flu Pop up ipm - 3pm

IIpm- Ipm Pantry 9:30am - 12:30pm

**Baby Fitness** 



Art & Relaxation 2:30pm - 4:30pm on Zoom



Blood Pressure Pop-up pm - 3pm @1101 Connecticut St



La Posada en Communidad December 13th IIam - 3pm

Flu Pop up

10am - 12pm

Winter Wonderland

December 20th

5pm - 7pm @901 Fairfax

Christmas Turkey Giveaway Saturday, December 14th 8am - 2pm



Potrero Hill

Alice Griffith

Zumba 5pm - 6:30pm



**Healthy Eating** December 3rd, 10th & 17th 1:30pm - 3:30pm

Zumba 5pm - 6:30pm



Art & Relaxation 2:30pm - 4:30pm on Zoom



Walking Group 10am - 12:pm



Zumba 5pm. - 6:30pm



## **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.



SUNNYDALE 1652 Sunnydale Avenue (628)217-5320 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 or speak with an on-site staff member who will be able to provide more information.

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

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.

HUNTERS VIEW 901 Fairfax Avenue (628)217-5220 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

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



