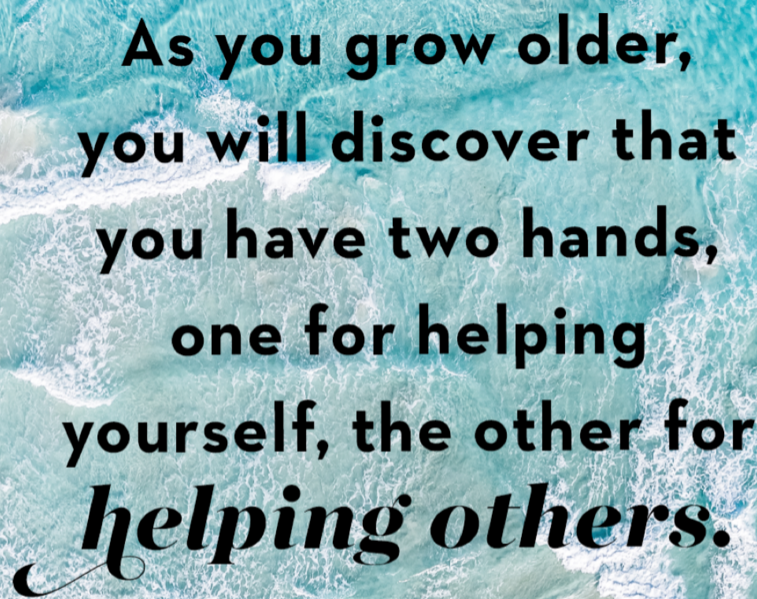




July 2, 2020



Whether you are struggling to find effective self-care strategies, or seeking ways to support others in need, we hope this week's Koret newsletter provides resources to help you take the next step. Dom continues his Running 101 series, and we encourage everyone to join us in the **Virtual 5k Challenge** (run, walk or hike) at the end of the month.



**As you grow older,
you will discover that
you have two hands,
one for helping
yourself, the other for
*helping others.***



MAYA ANGELOU

“As you grow older, you will discover that you have two hands, one for helping yourself, the other for helping others.” - *Maya Angelou*

Running 101

Dom continues his Running 101 series tackling the topic of common running injuries.

Running Biomechanics & Injuries Part II

Trainer: Dominic Wall
Koret Health & Recreation Center
University of San Francisco



Train Your Brain

You don't have to be a runner to discover the surprising connection between the eyes, neck, and hamstring flexibility.



FEATURED WORKOUTS



Workout #1

Join **Pilates Mat w/Rosemary** on Tuesdays at 5pm and Thursdays at 12pm.



Workout #2

Get the free **5k Challenge Prep Program** and join us for the **Virtual 5k** the week of July 20th.

Workout #3

Start your the day with **Early Morning Sunrise Yoga w/Brian** on weekdays and Saturdays at 8am.



Workout #4

Review the entire library of **Fitness 101** and **Mobility for Healthcare Workers** videos.

SELF-CARE CORNER

The 11:30am Shallow Aqua Fit crew had a great time under the trees in the Music Concourse in Golden Gate Park. Wearing masks and socially distancing, the group enjoyed homemade cookies and lemon blueberry bundt cakes. Barbara shared cuttings from her succulent plants, and Anna led the group in some exercises. Co-host Deanna

wishes to thank Colleen and Anna (the entertainment committee) for helping to put this event together. Anna picked a beautiful day and a special place, and Colleen was the spirit of the day, always helping, and greeting everyone. Thank you Deanna for sharing the creative ways your group is staying connected during the Koret closure.



COMMUNITY CORNER

Look to the data and get a deeper understanding of **key health indicators** that help inform the timeline for **Reopening San Francisco**.

Let your voice be heard and **register to vote** in the upcoming elections. Elect leaders who will represent you and vote on issues that make an impact for your communities.

Help **stop Anti-Asian American and Xenophobic Harrassment!** Join this free, interactive, one-hour training by **Hollaback!** that provides effective tools for all ages, ability levels and personality types.

Support **Immigrants Rising** and help spread the word about their mission to empower undocumented young people to achieve educational and career goals through personal, institutional and policy transformation.

Join the conversation **#USFCA**



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