This week’s newsletter is dedicated to the idea of bringing unity to our Koret community. We appreciate the struggle to persevere when isolated from a support network, and attempt giving a little direction to anyone at a loss for how to take that first step, either to lend an arm or for those who need and want help.

“Individually, we are one drop. Together, we are an ocean.”

~ Ryunosuke Satoro

**Fitness 101**

Join Koret trainer Dom on Thursday, 6/4 @ 12pm for Ask a Trainer (Running Q&A).

**Train Your Brain**

Enjoy a quick pick for invigorating your mind and successfully building a healthy habit, one rep at a time.

**FEATURED WORKOUTS**

**Workout #1**

Participate in the Koret Summer Virtual Challenge.

**Workout #2**

Train Your Brain and explore the great outdoors when you map a hike on our Outdoor Adventures page.

**Workout #3**

Sneak in a quick 30 min. express workout when you join Maggie’s NEW Core & More class.

**COMMUNITY CORNER**

Looking for a way to show unity for the community?

- Take the BSU Donation Challenge to support the USF Black Student Union and read their call to action to the greater community.
- Join the Kindred Narratives Project developed by the USF School of Education Department of International & Multicultural Education.
- Read COVID-19 Guidelines for Immigrant Californians shared by Professor Dory Escobar (USF School of Nursing and Health Professions).
- Meet the Diversity Engagement and Community Outreach team and read the USF Inclusion Statement.
- Register for Rabbi Camille Shira Angel’s fall course Honoring Our LGBTQIA Elders
- Visit the USF Food Insecurity Resource Page if you know someone who is struggling to put food on the table.
- Support the young people in your life by encouraging them to take these self-care resilience resources (for middle schoolers, high schoolers and college students) from the Clay Center for Young Healthy Minds at Massachusetts General Hospital.

**DIRECTIONS**

Visit the San Francisco Food Insecurity Resource Page for a directory of nonprofit groups that need donations of specific items or volunteer help.

**Join the conversation #USFCA**

(415) 422-6821
USFCA.EDU

If you wish to be removed from the Koret Health and Recreation Center mailing list, click here.