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 their first step to protect, defend or advocate for those who need our 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 ref for an interesting article and successfully building a healthy habit, one rep at a time.

**FEATURED WORKOUTS**

**Workout #1**
Participate in the Koret Summer Virtual Challenge.

**Workout #2**
Stay 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 #B2C Evolution Challenge to support the USF Black Student Union and locally-serving alumni of the community.
- Join the Kinetic 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)
- Most 3rd Diversity Leadership and Community Outreach team and read to USF Inclusion Statement.
- Find tips on safe protesting from UCSF Health.

**CHANGE THE WORLD FROM HERE**
Join the conversation #USFCA

(415) 422-6821
USFCA.EDU

DIRECTIONS
CONTACT US

University of San Francisco
2130 Fulton St
San Francisco, CA | 94117 U.S.