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, whether it is for those who want to help or be helped.

*"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 an entertaining and educational article on overcoming inertia and successfully building a new healthy habit, one step at a time.

**FEATURED WORKOUTS**

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

**Workout #2**
Train Your Brain. Enjoy a quick tip on overcoming inertia and successfully building a new healthy habit, one rep at a time.

**Workout #3**
Train Your Brain. Enjoy 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 #USD2EvictionChallenge to support the USD Black Student Union and the local racial equity movement in the community.
- Join the #KoretVirtualRumblers Challenge. This challenge is part of the 2021 Virtual NCAA Men’s Basketball Tournament.
- Visit the #USDVirtualRumblers Challenge. This challenge is part of the 2021 Virtual NCAA Men’s Basketball Tournament.
- Read COVID-19 Guidelines for Immigrant Californians shared by Professor Dory Escobar (USF School of Nursing and Health Professions).
- Read the statement on the National Crisis by Dr. Clarence B. Jones (Director of Institute for Nonviolence and Social Justice) and support the mission of the institute today.
- Find tips on safe protesting from UCSF Health.
- Review the SF Homeless Project for a directory of nonprofit groups that need donations of specific items or volunteer help.
- Support the young people in your life by encouraging them to take the #USD2EvictionChallenge to support the USD Black Student Union.
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