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 to give a little direction to anyone at a loss for how to take that 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 tip for overcoming inertia and successfully building a new healthy habit, one rep at a time.

FEATURED WORKOUTS

Workout #1
Participate in the Koret Summer Virtual Challenge.

Workout #2
Unplug 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.

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 listen to 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.

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.

Join the conversation #USFCA
DIRECTIONS
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