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 the 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.
- 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.
- 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 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.
- Find tips on safe protesting from UCSF Health.