



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 a 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 ~

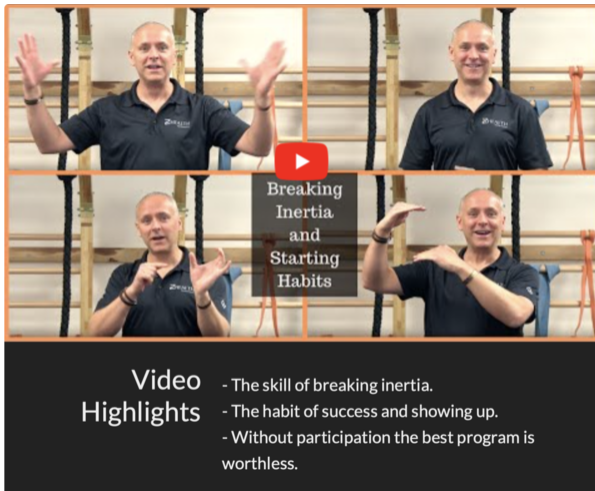


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Fitness 101

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



Train Your Brain

Enjoy a **quick tip** on 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 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**



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