

SAN FRANCISCO HEALTH SERVICE SYSTEM

Better Every Day.



Join us by reflecting the undiminished spirit of this city as a global leader in the fight for inclusion and equality by celebrating [“Beacon of Love”](#) this year's San Francisco's Pride Month theme.

Pride month celebrates the struggles and achievements of LGBTQIA+ people, including events like the [Stonewall Uprising](#). It aims to highlight their contributions, such as the fight for the [decriminalization of homosexuality](#), which began in 1961 with the State of Illinois. Pride month serves as a powerful reminder of the importance of acceptance, diversity, and love.

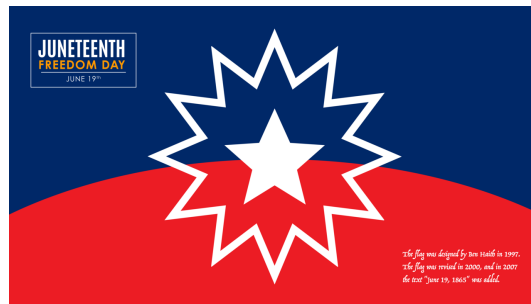
“How many years has it taken people to realize that we are all brothers and sisters and human beings in the human race?” —[Marsha P. Johnson](#)

Celebrate your PRIDE this month and explore events happening across the Bay Area during the month of June and beyond:

- [SF Main Library - Authentic Selves Exhibition - May 3-August 29, 2024](#)
- [San Francisco Trans March - June 28, 2024](#)
- [San Francisco Pride - June 29-30, 2024](#)
- [Doggie Pride Parade Berkeley - June 30, 2024](#)
- [Alameda Pride - October 5, 2024](#)

Take PRIDE in your mental & emotional well-being!

Prioritize self-care in June and beyond. During Pride Month, it's a chance to be proud of all we are — and that includes our mental health journey. Discover the [benefits and programs](#) available to support your mental and emotional well-being.



The **Juneteenth Freedom Celebration** commemorates the emancipation of enslaved Black Americans and celebrates African American culture in recognition of black contributions and progress. On June 17, 2021, President [Biden signed into law](#) a long over due Senate Bill making “Juneteenth” a federal holiday.

Gender-Affirming Care

As an SFHSS member, we prioritize your well-being by providing a comprehensive range of gender-affirming care services. You have access to a broad range of high-quality gender-affirming care. Explore the [available resources](#) and contact your health plan directly for personalized guidance. Your well-being is our priority, and we're committed to ensuring you receive the care you deserve.





June is **National Men's Health Month**. We encourage all men to stay healthy by eating right, exercising and seeking regular medical checkups to prevent disease and injury so they may live long and healthy lives. Take action! To explore your benefits further, visit [Using Your Benefits](#).

[Working While Black Healing Circle](#)

Tuesdays, 5/7 - 7/9: noon – 1pm
Join the meeting or dial 1-415-655-0003, 2632 924 5180
Meeting number: 2632 924 5180
Password: **VcrSnBq353R**
[Click here for more details.](#)



Additional Well-Being Resources:

Well-Being Activities (Virtual & In-person)

- [SF Bodhi Meditation Center Sessions](#) - Mon - Sun 9:05 p.m.- 10 p.m.
- [SF Main Library: Meditation](#) - Wednesdays - noon - 12:30 p.m.
- [Yoga at City Hall](#) - Wednesdays -12:10 p.m. -12:55 p.m.
- [Yoga](#) - Tuesdays - 5:30 p.m. - 6:15 p.m.
- [Pilates](#) - Thursdays -12:15 p.m. - 1:00 p.m.
- [Mindfulness & Meditation](#) Tues & Thurs - 3:00 p.m. -3:20 p.m.
- [Midafternoon Meditation](#) - Wednesdays - 2:00 p.m. - 2:20 p.m.
- [Meditation: Living Authentically](#) - June 6 - 9:00 a.m.

Personal Development (Webinars)

- [Reinventing Yourself](#) - June 25
- [Being Adaptive in Order to Thrive in Our Ever-Changing World](#) - June 26
- [Diabetes](#) - June 27

Health & Wellness (Articles & podcasts)

- [How Birdsong Can Help Your Mental Health](#)
- [How Everyday Rituals Can Add Meaning to Your Life](#)
- [Shared Identity Practice](#)

Stay up to date with this month's free offerings. [Visit sfhss.org/events](https://sfhss.org/events)

[Manage](#) your preferences | [Opt Out](#) using TrueRemove™
Got this as a forward? [Sign up](#) to receive our future emails.
View this email [online](#).

1145 Market St. 3rd Floor | San Francisco, CA 94103 US

This email was sent to .
To continue receiving our emails, add us to your address book.

[Subscribe](#) to our email list.