To continue receiving our emails, add us to your address book.

If you wish to be removed from the Koret Health and Recreation Center mailing list, please follow the instructions below:

San Francisco, CA | 94117 US
2130 Fulton St
University of San Francisco

---

**FEATURED WORKOUTS**

**WORKOUT #1**

**WORKOUT #2**

**Self-Care Corner**

**Community Corner**

---

**Join the conversation**

Su (8am–5pm).

speak with a representative. Call center is open daily M–F (7am-6pm) and S–S.

Sutter Health offers appointments for Covid vaccines. Call (844) 987-6115 to

appointment availability, call 628-652-2700. Languages spoken: English,

are: M/Tu/Th/F (9 am-12 pm & 1-3 pm) and W (9 am-12 pm)

vaccine hours to all San Francisco residents aged 65 and older.

Maxine Hall Health Center

appointment.

appointment availability online

are people 16 years and

Those eligible for the vaccine

older. However, not all sites will

now are people 16 years and

San Francisco Department of

18 (Pfizer). Check when you

early to join our Marathon in a Month challenge. Walk, hike, bike, roll, run, skate,

Fav Route!), this week we highlight staff picks for local parks, paths and trails

In honor of

Earth Day 2021

"The body is more of an ecosystem, and less a car that

needs aligning." Dr. Greg Lehman

and our featured challenge week (Shout Out Your

Enjoy for 10-12 min.

Top with shredded mozzarella and parmesan cheese

Spoon the spinach/tomato mixture over the top of the mozzarella

garlic powder, salt and pepper.

Sprinkle shredded mozzarella cheese over the top of the pesto

Spread pesto mixture evenly on top of the naan bread (leave space for

Spray baking pan with nonstick spray (and place garlic naan bread on it)

Preheat oven to 425 degrees

---

**Kaiser Covid mass vaccination site**

reminder, the university is committed to remote operations through May, and the

restrictions by June 15, we anticipate a Koret facility reopening in July. As a

swim (or pick your favorite activity). Break down the 26.2 miles into

late to join our Marathon in a Month challenge. Walk, hike, bike, roll, run, skate,

for anyone looking to enjoy the outdoors. With 15 days left in April, it's not too

---


The team is here to help whether it's a minor inconvenience or an injury that's limiting your ability to participate in your favorite activity. We are committed to providing you with the care you need to return to your activities as quickly and safely as possible.

---

**Koret Health and Recreation Center**

San Francisco, CA | 94117 US
2130 Fulton St
University of San Francisco

---

**Contact Us**

Fitness@usfca.edu

---

For more information:
https://www.usfca.edu/koret-health-and-recreation-center

---

**Website**

https://www.usfca.edu/koret-health-and-recreation-center