If you've ever witnessed someone being abused online, wanted to step in, but didn't know how, join
us for #HeartMob, an interactive training on how to intervene safely and effectively. October dates
coming soon!

If you are under 55 years of age, you may qualify for an annual Senior Health Assessment. This
includes a preventive health screen, lab tests, and health counseling, all at no cost. If you
participate in Medicare, you may be entitled to receive additional free lab tests. Call 415-422-4800
to join the Metropolitan Mosiac!!

"If you want something you have never had, you must be willing to do something
you have never done." Thomas Jefferson