



## **Complete the Survey and Enter to Win!**

It is not too late to [take the 2023 Well-Being Survey](#).

Your feedback matters and we want to hear from you. [Start now and take the 10-minute survey](#).

Your well-being is our priority and your feedback matters. Results will help to discover opportunities to improve well-being services, identify gaps, and future areas of focus.



**Complete the survey and enter to win a Fitbit!** Upon completion of the survey, you will be provided an external web link where you will need to enter your name and contact information to be entered into the raffle.

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November is **Diabetes Awareness Month**. This year focus on taking action to prevent Type 2 diabetes. Learn more on what you can do to [prevent diabetes health problems](#).

Access support through your health plan resources.





It's [Native American Heritage Month](#), we honor and celebrate the rich and vibrant indigenous cultures, traditions, and histories. Throughout this month, explore the remarkable contributions, encompassing art, spirituality, sustainable agriculture, environmental stewardship, and many more!

[Movember](#)

[Movember](#) exist to help men live happier, healthier, longer lives. It tackles topic such as mental health and suicide prevention, prostate cancer and testicular cancer. Since 2003, [Movember](#) has shaking up men's health research and transforming the way health services reach and support men. [Learn More.](#)





**Building Better Caregivers®** is a free online workshop for caregivers. It provides group support from other participants, guidance from facilitators that are caregivers themselves, and 6 weekly self-paced lessons to guide you with your care.

[Learn more](#)

### **NEW - UN Plaza Fitness Courts®**

The Mayor's Office, San Francisco Recreation and Parks Department and the National Fitness Campaign are launching a new Fitness Court® Music Studio at UN Plaza. Enjoy free group fitness classes such as: Yoga, Zumba, Tai Chi, and more. Stay tuned for more information and a schedule of classes.



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## **Additional Well-Being Resources:**

### **Well-Being Activities (Virtual)**

- [SF Bodhi Meditation Center Sessions](#) - Mon - Sun 9:05pm-10pm
- [SF Main Library: Meditation](#) - Wednesdays -12:00pm - 12:30pm
- [Midafternoon Meditation](#) - Wednesdays -2:00pm-2:20pm

### **Personal Development (Webinars)**

- [Tools To Handle Stress:](#) November 1
- [Motivate Your Money! Long Term Care Planning:](#) November 8
- [Healthy Gut, Healthy You:](#) November 15
- [Cooking with Fall Harvest:](#) November 15
- [Smart Money Coaching, Breezing Through the Holidays:](#) November 15
- [Navigating the Holidays With Intuitive Eating:](#) November 16
- [Learning to Relax:](#) November 28

- [Holiday Eating](#): November 28
- [After the Holidays: Managing That Debt](#): November 29

## Health & Wellness (Articles & podcasts)

- [5 Minutes of Progressive Muscle Relaxation](#)
- [Four Ways to Create High-Quality Connections at Work](#)
- [How Holding Yourself Can Reduce Stress](#)

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

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**HEALTH SERVICE SYSTEM**



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