



[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.

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.](#)



MOVEMBER®



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.



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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