

Mission

To **PROVIDE** and **PROMOTE** innovative, culturally and linguistically accessible wellness programs and services for the ZSFG community of staff, patients, their families, and all San Franciscans.

Vision

A sustainable, engaged, compassionate, healthy community at Zuckerberg San Francisco General Hospital and Trauma Center.



Holistic Approach

We support a holistic view of health in which physical, emotional, mental, social, and spiritual health are considered interconnected and essential in achieving improved health and wellness.



Please see our calendar of events and classes at sfghwellness.org/cal/

Programs and services are open to the public and offered free to all participants.

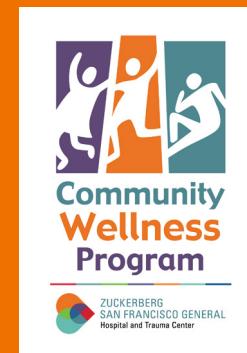
About

Zuckerberg San Francisco General Hospital's (ZSFG) Community Wellness Program promotes and encourages wellness practices for patients, staff and all San Franciscans.

Likewise, we create clinic to community linkages that support our patients through the efforts of Healthy-Hearts Navigators.



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Community Wellness Center

1001 Potrero Ave. Room 2D35
San Francisco, CA 94110

sfghwellness@sfdph.org | (415) 206-4995

sfghwellness.org



Community Wellness Program



ZUCKERBERG
SAN FRANCISCO GENERAL
Hospital and Trauma Center

WHAT YOU'LL FIND AT THE

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SFGHCommunityWellnessCenter



@sfgh_wellness

Values

At ZSFG, we build on the community strengths and celebrate the rich cultural and ethnic diversity of our patients and staff.



The Community Wellness Program promotes interventions aimed at addressing lifestyle including diet and exercise. We also recognize the ways in which social determinants of health such as housing status, neighborhood safety, and access to affordable healthy food play a critical role in wellness promotion. With this in mind, we work to incorporate strategies such as public health education, access, and advocacy in addressing poor health outcomes.



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Active Living Initiative

The Community Wellness Program offers an array of health and wellness classes.

Working on Wellness (WOW) classes include: Strength Training, Chair Stretch and Boogie, Zumba & Zumba gold (low-impact), Yoga (offered in English, Spanish) and bi-weekly chair massages.



Community Engagement

Schwartz Center Rounds offer ZSFG staff and clinicians a monthly forum to discuss the social and emotional issues they face in caring for patients and families.

Seasonal Festivals hosted by the Community Wellness Program bring together patients, staff and community members to build community and to promote healthy living and community resources.

Cancer Aware Resource Education (CARE) provides educational support for cancer survivors, and a confidential space to discuss experiences, gain knowledge, share a meal and build community.

Healthy Food Environment

The Healthy Food Environment Initiative affirms our commitment to creating a healthy, sustainable, eco-friendly food environment for the ZSFG Community.

Nutrition and Cooking Demonstration program: Participants cook with others, and learn about new foods and simple, fresh, delicious budget-friendly recipes.

Garden Giveaways program: Interns and volunteers work with hospital gardeners to harvest and distribute hospital-grown vegetables and herbs to participants in hospital-based chronic and acute disease management groups.

