SFHSS Well-Being Activities Description List

Our well-being activities are designed to engage employees, encourage healthy behaviors, and support overall health and productivity.

Planning timelines

- Please allow at least **8 weeks' lead time to request** an activity for your department.
- When selecting topics, consider your employees' needs and demographics.
- Requests for customized or tailored content require up **to 90 days' advance notice**.

How to request an activity

1. Review the activity list or visit sfhss.org/well-being/WB-activities to learn more.
2. Complete the online Activity Request Form.
3. After submission, an SFHSS Well-Being Coordinator will contact you to confirm details.

Changes and cancellations

- Any cancellations or event changes must be made **at least 10 business days before** the scheduled event date.

For questions, please contact your **SFHSS Well-Being Coordinator** or email **Well-Being@sfgov.org**.
Note: Some activities have limited availability or may need to be offered as open, citywide events.

Available Activities:

ComPsych Workshops _____ pg. 2-5
- Behavioral Health and Wellness
- Communications Skills
- Family and Relationships
- Legal and Financial
- Management Support
- Older Adult Care
- Parenting
- Personal Development
- Resilience

EAP, Emotional Well-Being, and Mental Health Webinars and Trainings _____ pg. 6-11

General Well-Being and Healthy Behaviors Webinars and Trainings
- Healthy Habits and Lifestyle _____ pg. 12-15
- Healthy Eating and Nutrition _____ pg. 15-17
- Physical Activity and Exercise _____ pg. 17-18

Group Exercise Classes _____ pg. 18-20

Special Programs _____ pg. 20-21
- Biometric Health Screenings (Basic, Advanced, and Total Health Package)
- Healthy Habits Program & Lifestyle Medicine Program
- Small Group Coaching & 1:1 Wellness Coaching
- Women's Healthy Aging Series

ComPsych Workshops

Provides live, interactive in-person or virtual workshops on various work-related and lifestyle topics to support employees' well-being. All sessions are available 45-60 minutes in length.
To see the complete list of workshops and details, visit: sfhss.org/resource/compsych-trainings.
**New 2026 Workshops*

Topic areas include:

Behavioral Health and Wellness

- Avoiding Burnout: Self-Assessment Methods and Strategies for Self-Care
- Balancing Work and Life
- Bedtime Routines for Adults
- Breathing Techniques to Relieve Stress and Improve Health
- Change Your Mindset about Aging
- Connecting Mind and Body for Healthy Living
- Coping During Uncertain Times
- Coping with Compassion Stress
- Counseling and Therapy, Demystified
- Deskercise! Taking Care of Your Body During the Workday
- Developing Will Power and Self-Control to Change Behavior
- Drinking Responsibly
- Eating Healthy on a Budget
- Emotional Eating: The Connection Between Mood and Food
- Get Moving, An Introduction to Exercise (Webinar only)
- Happiness: A Key to Life's Satisfaction
- Healthy Food Choices on the Go
- Healthy Lifestyles: Changing the Way You Think About Diet and Exercise
- Hobbies for Mental and Physical Health
- *How Physical Pain Can Impact Your Mental Health**
- How World Events Can Impact Veterans' Mental Health
- Informed or Infirmed? Healthy Media Consumption and Social Media Usage
- *Improving Social Wellness to Boost Mental Health**
- The Impact of a Difficult Childhood on Your Adult Life
- The Joy of Movement

Behavioral Health and Wellness continued

- Living Nicotine Free (Webinar Only)
- Loneliness and Social Isolation in Today's World
- Managing Holiday Stress
- Managing Worry and Anxiety
- Marijuana: Understanding Common Effects and Methods of Consumption
- Mental Health Awareness
- Opioids: Understanding the Dangers and Ways to Help
- Psychological Avoidance and Its Impact on Your Mental Health
- Relaxation "Micro-Moments" and Winding Down Techniques
- Running on E: Adding Energy and Passion to Your Work and Life
- Sleep: An Essential Component of Health and Well-Being
- Suicide Awareness
- Tools to Handle Stress
- Understanding Depression
- Using Guided Imagery for Wellness and Stress Reduction
- Walking for Mental Health
- Work-Life Balance in a Work From Home Environment

Communication Skills

- Asking for Help
- Becoming a Better Listener
- Bringing Out the Best in Others
- Building Respectful Relationships
- Civility in the Workplace
- Communication Skills for A Global Team
- Deescalating Potentially Violent Situations
- Difficult Conversations During Times of Unrest

Communication Skills continued

- Friendly Persuasion: How to Get the Things You Want and Need
- Languishing, Flourishing and Your Mental Health
- Effective Communication
- Learning to Relax
- Giving Effective Feedback in Personal or Work Situations
- How to Deal with a Difficult Person
- Initiating Difficult Conversations
- Learning to Say "No"
- "Let's Talk Politics": How to Have Impassioned Disagreements Without Damaging Relationships
- Motivating Change in Others
- Practicing Assertiveness
- Providing Customer Service to
- Bereaved Callers
- Responding to Behavior That Makes
- You Feel Uncomfortable
- Social Skills Refresh! How to Have Good Conversations in Social Situations
- The Power of Storytelling
- Using Reason to Resolve Conflict
- What to Say When You Don't Know What to Say

Family and Relationships

- Breaking Free from Emotional Manipulation
- Communicating Without Conflict with Your Significant Other
- Communication Skills for Families
- Domestic Violence Awareness
- Enjoying Your Empty Nest Fair Play: Equitable Household Management Strategies to Strengthen Relationships
- Helping a Loved One Through Difficult Times
- The Impact of Substance Abuse on the Family
- Important Issues to Discuss Before Marriage
- Life After Divorce: Landing on Your Feet
- Making the Most of Family Occasions
- *Responding To Narcissism**
- Rewards and Challenges of the Blended Family
- Single Again After All These Years
- Staying Connected: Keeping the Spark Alive in Your Relationship

Family and Relationships continued

- Transitioning Home: Relationships (for Veterans)
- Understanding Trauma Bonds In An Abusive Relationship
- When Mom and Dad Move in with You
- The Sandwich Generation: Balancing Your Personal Life with the Needs of Your Older Parents or Loved Ones
- Supporting Others Through End of Life
- Talking About the Tough Subjects with Your Parent or Older Loved One
- Understanding How Your Emotions Impact Interactions with Older Loved Ones
- When Someone You Love Has Alzheimer's

Legal and Financial

- 10 Strategies for Improving Your Finances
- After the Holidays: Managing That Debt
- Are You Financially on Track for Retirement?
- Basics of Estate Planning
- Distribution Options for Retirement Plans
- The Finances of Purchasing Your Own Home
- Financial Planning for Life
- The Five Pillars of Personal Finance
- Getting the Best Value out of Your Health Benefits (webinar only)
- The Impact of Foreclosure
- The Importance of Participating in Your Employer's Retirement Plan
- Managing Personal Finances
- New Realities in Home Ownership
- Options for Financing College
- Paying Off Debt While Building Wealth
- The Psychology Behind Saving Money and Other Good Financial Habits
- Understanding the Importance of Credit in Today's Economy

Management Support

- Addressing Employee Performance Issues in a Supportive Way
- Coaching vs Directing: A Guide for Leaders
- Creating Psychological Safety in the Workplace
- *From "Me" to "We": Build High-Performing Teams by Strengthening Relationships**
- *High-Impact Feedback: On the Spot, On the Floor**
- *The Impacts of Job Insecurity on Employee Engagement and Well-being**
- *Leadership in High Pressure Situations**

Management Support continued

- Leading with Authenticity
- Managing Remote (or Hybrid) Employees
- Managing Staff Through Stressful Situations
- Managing the Emotions Surrounding Layoff Conversations
- Mental Health Awareness for Leaders
- Psychological Pressures of Middle Management
- Preventing Employee Burnout
- Self-Care Tips for Managers
- *Storytelling for Leaders: Turning Vision into Buy-In**
- Supporting Employee Well-being: What Can You Do as a Manager?

Parenting

- Building Strong Relationships with Your Adult Children
- Building Your Child's Self-Esteem
- Communicating the Tough Stuff to Your Child: Drugs, Alcohol, Sex and Peer Pressure
- Discipline That Works
- The Emotionally Healthy Teen: Dealing with Issues of Substance Abuse, Depression, Suicide and Eating Disorders
- Encouraging Kids to Be Active
- Engaging in Creative Play with Children
- Establishing Bedtime Routines That Work
- Extracurricular Activities: How Much Is Too Much?
- Helping Children Cope with Grief
- Helping Children Develop Strong Ethics and Values
- Helping Your Child Set Goals for the Future
- Kids and the Internet: Becoming a
- Cyber-Savvy Parent (Webinar Only)
- Kids and Meals: It Doesn't Have to Be a Battleground
- No Such Thing as a Perfect Parent
- The Parent as Role Model
- Parental Burnout: How To Overcome Challenges & Thrive Through Parenthood
- Parenting a Child with Special Needs
- Parenting Toddlers
- Parenting Your College-Age "Kids"
- Protecting Children from Sexual Abuse

Parenting continued

- School's Out: Getting Everyone Through the Summer
- Sibling Rivalry
- Standing Tall: Handling Bullies at School

Older Adult Care

- Caring From a Distance
- Helping Your Senior Loved One Be Independent and Safe (webinar only)
- Talking to Kids About Violent Events with Widespread Media Coverage
- Talking to Your Child About Tough Issues Affecting the Family
- The Successful Single Parent
- Teaching Your Kids How to Manage Money
- Teenage Rebellion

Personal Development

- Acceptance of Others
- The Art of Patience
- Autonomy: Strengthening Your Ability to Work Independently
- Awakening the Passion in Your Life
- Being a Socially Responsible Person
- Being Accountable in Work and Life
- Becoming a Team Player
- *The Benefits of Saying "Yes"**
- *Building Habits That Support a Growth Mindset**
- Building Trust
- *Combat Boots to Business Shoes: Thriving After Military Service**
- Combatting Imposter Syndrome
- The Confident You: Taking Charge of Your Life
- Cutting Through the Clutter
- Developing a Growth Mindset
- Developing Creativity
- Developing Grit – Strategies for Success in Work and Life
- Digital Mindfulness: Taking Control of Your Device and Screen Time
- Emotional Intelligence
- *The Emotions Surrounding Wills And End-Of-Life Planning**
- Forgiving Yourself and Others
- Gratitude: A Skill for Happier Living

Personal Development continued

- Honoring Your Values to Thrive at Work and in Life
- How to Be More Engaged at Work
- How to Delegate at Work and in Life
- How to Make a Habit of Success
- Humility – An Underappreciated Trait of Confident People
- Improving Your Memory
- *Intention-Setting to Transform Your Life**
- Journaling and Writing for Personal Growth
- Know Before You Go: How to Prepare for a Visit to the Doctor (webinar only)
- Laughter, Humor and Play to Reduce Stress and Solve Problems
- Living Simply: Simplify Your Life
- Loving…You: Boosting Self-esteem and Acceptance
- Make a Decision Already! How To Avoid Indecisiveness
- Making Connections at Work and in Life
- Managing Anger at Home and at Work
- Managing Up for Professional Success
- Managing Your Emotions in the Workplace
- Mindfulness: Being Present in Your
- Work and Life
- Money and Relationships
- Moving From School to Career
- Navigating Life's Big Decision
- Mental Fitness for Optimal Brain Power
- Overcoming Procrastination
- Overcoming Shyness
- Overcoming Stage Fright
- Overcoming Your Distorted
- Negative Thinking
- Personal and Professional Boundaries
- Reading for Fulfillment
- Responding to Distressed Customers
- Rumors & Gossip: Avoiding the Harmful Effects
- Sailing On: A Guide to Transitioning into Retirement
- Secrets to Self-Motivation
- Staying Engaged and Advancing Your Career as a Remote Employee
- Staying Positive While Performing Difficult Client Service Work
- Strengthening Your Ability to Empathize

Personal Development continued

- The Power of Productivity
- Time Management Principles
- Time Management Tools: To-Do Lists, Calendars, Etc.
- Unconscious Bias
- Using Kindness to Achieve Personal Success and Happiness
- Using Positivity in Constructive Ways

Resilience

- Adapting to Management Change
- Being Adaptive in an Ever-Changing World
- Coping with a Traumatic Event
- Expecting the Unexpected: How to Think About Potential Crises
- Feeling Stuck? Practical Ways to Get Yourself Going Again
- How to Receive Criticism and Make it Work for You
- *I Thought I Could Retire by Now: Managing the Emotions of Delayed Retirement**
- Living with Change
- Mental Health Impacts of a Medical Diagnosis
- Mental Health Impacts of Natural Disasters
- Moving Through Grief and Loss
- Preparing for Financial Emergencies
- Reinventing Yourself
- Resiliency: Bouncing Back After a Setback
- Stress: A Way of Life or a Fact of Life
- The Impact of Attitude on Work and Life
- Where Are You Going? Goal Setting for Personal and Professional Success

Download the ComPsych Training List to view the complete menu of workshops and details



EAP Trainings, Emotional Well-Being, and Mental Health

Additional trainings to help support employees' emotional well-being and mental health.

Title/Provider	Description	Notes
Making Work, Work Series Employee Assistance Program (EAP)	**These 4 skill-based workshops can help to improve your work experience and sense of personal wellbeing at work.** Being able to manage stress and manage your own emotions is essential for wellbeing. Learning to communicate effectively and handle difficult people can have a positive impact on your work environment. Join the City & County of SF EAP for these 4 counselor-facilitated workshops to learn and practice skills to make work, work for you. **These workshops are offered during work time, and mandatory attendance is recommended to support team cohesion and maximize benefits.**	This is a 7-hour series, offered in 4 sessions: 1. Managing Stress, 1.5 hr. 2. Effective Communication, 2 hrs. 3. Dealing with Difficult People 1.5 hrs. 4. Managing Ourselves, 2 hrs. 6 to 8-week lead time and a minimum of 10 participants preferred. EAP will contact you for a consultation to determine if this series is a good fit for your group. Audio-Visual equipment needed for PowerPoint.
Managing Stress Employee Assistance Program (EAP)	**This workshop examines the importance of perception, identifying stress triggers and thinking ahead about coping strategies.** Will you take control of your stress, or will your stress take control of you? Learn how to break the cycle of negative response to stress by practicing simple relaxation techniques, examining your perspective and engaging in self-care. Learn how to develop an effective stress management plan for increased well-being at work and at home. **These workshops are offered during work time, and mandatory attendance is recommended to support team cohesion and maximize benefits.**	This is a 1.5-hour workshop 6 to 8-week lead time and a minimum of 10 participants preferred. This workshop may be requested as part of the Making Work, Work Series or as an individual workshop. EAP will contact you for a consultation to determine if this workshop is a good fit for your group. Audio-Visual equipment needed for PowerPoint.

Effective Communication Employee Assistance Program (EAP)	**This interactive and informative communication workshop explores how to be a more effective communicator.** You will learn about the three parts of communication, how your emotions can drive your communication style, effective listening skills, and how your assumptions can lead to miscommunications. In this workshop, you will work on self-awareness and begin to develop a plan for better and more effective communication through listening, assessing the situation, inquiry, and self-assessment. **These workshops are offered during work time, and mandatory attendance is recommended to support team cohesion and maximize benefits.**	This is a 2-hour interactive workshop. 6 to 8-week lead time and a minimum of 10 participants preferred. This is only offered as part of the "Making Work, Work" series. EAP will contact you for a consultation to determine if this workshop is a good fit for your group. Audio-Visual equipment needed for PowerPoint.
Dealing with Difficult People Employee Assistance Program (EAP)	**This interactive workshop will help you deal more confidently and effectively with difficult people and situations.** Explore how difficult people and situations can impact your ability to respond effectively. Learn how to match a person's emotional state with an appropriate response. Learn how to take time to examine your own perceptions while facilitating less stressful interactions when dealing with difficult people. Learn to maintain calm so you can move the situation forward in a positive direction. **These workshops are offered during work time, and mandatory attendance is recommended to support team cohesion and maximize benefits.**	This is a 1.5-hour interactive workshop. 6 to 8-week lead time and a minimum of 10 participants preferred. This workshop is part of the "Making Work, Work" series. EAP will contact you for a consultation to determine if this workshop is a good fit for your group. Visual equipment needed for PowerPoint.
Stress First Aid Employee Assistance Program (EAP)	**Stress First Aid is an evidence-based peer support and self-care model that anyone can use in any setting during stressful times.** In this training, you will learn what stress first aid is, how to recognize distress in yourself and others, and build essential skills to help others in a time of distress. After this training, participants will be able to: ▪ Identify stress in your colleagues and ensure help is offered. ▪ Identify stress in yourself and know how to reach out for support. ▪ Create a supportive work environment where: o team members are caring for one another and o leadership promotes mental health & well-being	2-hour interactive workshop Class size 6-20 participants. Must meet a minimum of at least 6 participants. Training materials will be provided. Visual equipment needed for PowerPoint.

EAP Essentials For Leadership (Directors, Managers, Supervisors and HR Professionals) Employee Assistance Program (EAP)	**This introduction to the City's Employee Assistance Program informs managers, supervisors, directors, and human resource professionals about the variety of services offered to employees, and the unique consultation, coaching, counseling and organizational services offered to leaders.** Learn about how and when to refer an employee, what you can do for your employees to help them after a critical incident and when to reach out for EAP services to come to your workplace. Learn about the training and workshop opportunities available to you and your work unit. This includes Psychological First Aid – what to do in a crisis. **These workshops are offered during work time, and mandatory attendance is recommended to support team cohesion and maximize benefits.**	This is 1.5-hour training. 2-week lead time and a minimum of 5 participants preferred. Visual equipment needed for PowerPoint.
Leadership In Action EAP @Work Workshop Series For Directors, Managers, Supervisors, and HR Professionals. Employee Assistance Program (EAP)	**Join EAP and your colleagues for a series of three interactive workshops designed to address the unique challenges faced by Supervisors, Managers, and Directors.** Learn about yourself as a leader through self-assessments and discussion. Understand your preferred style of dealing with conflict. Practice using different modes of conflict management to increase your confidence and effectiveness in difficult situations. Explore ways to improve/enhance your communication and use constructive confrontation for problem solving and accountability. This three- or four-session, 10.5-hour learning and self-assessment experience begins with the 1.5-hour EAP Essentials for Leadership + Psychological First Aid; Session One - 3 Hours; Session Two - 3 Hours; Session Three – 3.5 Hours. Scheduled in consecutive weeks. (Participants must complete a 30- minute homework assignment between Session 1 and Session 2 to remain in the series.)	6 to 8-week lead time. A minimum of 10 participants and a maximum of 16 preferred. Audio-Visual equipment needed for PowerPoint.
We're Here For You – EAP Orientation Employee Assistance Program (EAP)	This introduction to the City's Employee Assistance Program will orient employees to the variety of services available to them as an employee of the City & County of San Francisco's Four Employers (CCSF, Superior Courts, College District & SFUSD). Employees will learn how to access EAP services, what kind of time they can use to utilize services, and how EAP counselors can be helpful for a variety of needs and problems.	This is a 20-minute presentation. 3 to 4-week lead time. A minimum of 10 participants preferred. Visual equipment needed for PowerPoint.
Boosting Your Capacity KP	Learn strategies to perform better by reducing stress and practicing response techniques. In this workshop, participants will: ▪ Discover what is draining your capacity at work and home. ▪ Understand the brain's role in performance, health, and well-being.	45–60-minute webinar

	▪ Learn strategies to boost your capacity to perform better and reduce stress. ▪ Develop tools for responding more effectively to challenges presented to you.	
Brain Fitness KP	Learn its importance, engage in exercises, and acquire tips to keep the brain fit throughout life. In this workshop, participants will: ▪ Learn the importance of brain fitness to aid with memory retention. ▪ Understand the role of a fit brain in reducing risk for depression, dementia, and Alzheimer's. ▪ Engage in exercises to keep your brain fit throughout the lifespan.	45–60-minute webinar
Caregivers Self-Care KP	Learn how to practice self-care to take better care of yourself, while being a caregiver for a loved one. In this workshop, participants will: ▪ Learn about self-care practices to reduce stress. ▪ Understand how to care for oneself while caring for a loved one. ▪ Put a plan in place to improve your own self-care.	45–60-minute webinar
Communication Skills KP	Gain greater understanding and skills to communicate effectively in work and personal relationships.	45–60-minute webinar
NEW **- Dementia & Alzheimer's** KP	Understand these conditions, recognize symptoms, and learn practical, evidence-based strategies to support brain health.	45–60-minute webinar
Financial Well-Being KP	Build healthy relationships with money to gain greater financial freedom	45–60-minute webinar
Gratitude KP	Showing gratitude can infuse positivity into all aspects of your life. The healthiest attitude is one of gratitude.	45–60-minute webinar
Healing Power of Nature KP	Explore the health benefits of blue & green spaces, and nature therapy.	45-60-minute webinar
Holiday Stress KP	Gain skills to manage your stress during the holiday season.	45–60-minute webinar

Laughter as Medicine KP	Understand how laughter affects our mind, and body connection and practice techniques. <u>In this workshop, participants will:</u> ▪ Define true happiness for yourself. ▪ Explore the science of laughter and its benefits. ▪ Find ways to increase laughter and happiness. Practice techniques to be more in control of internal and external happiness signs.	45–60-minute webinar
Meaningful Connections KP	Foster group cohesion at work and learn how community and connection can be antidotes to loneliness.	45–60-minute webinar
Mental Health First Aid (MHFA) KP	MHFA at Work is a high-impact, evidence-based mental wellness program that teaches employees how to identify, understand, and respond to a colleague who may be developing or experiencing a mental health or substance use challenge or crisis in the workplace. **Intro** – A self-paced eLearning course that introduces employees to workplace wellbeing practices and teaches how to understand and reduce stigma in the workplace, recognize and help a colleague who may be experiencing a noncrisis mental health or substance use challenge, build a resilient mindset, and implement best practices for self-care. **Certification** – An instructor-led training where employees practice the skills needed to recognize and respond to a co-worker who may be experiencing a noncrisis or crisis mental health or substance use challenge – and connect them with the appropriate resources in accordance with company policies. Upon completion, learners will receive a certification in MHFA at Work. **Champion** – An instructor-led session that empowers a network of employees to provide mental health and substance use support to other employees as the company's go-to resource. Employees will develop an action plan for their role as a MHFA at Work Champion. **Transform** – An interactive workshop for HR professionals and leaders from different departments to discuss their organization's current mental health culture and create a cohesive strategy to address factors that may be impacting the workforce on their path to a healthy workplace culture that enhances employee well-being.	**Intro** – 2-hours Online Course, unlimited participants For all employees **Certification** – 4-hours, 15-30 participants Prerequisite: MHFA Intro, For all employees Virtual/in-person **Champion** – 1.5-hours 5-25 participants Prerequisites: MHFA Intro and Certification Select employees Virtual/in-person **Transform** – 2-hours 5-25 participants Prerequisites: MHFA Intro and Certification For leaders and HR professionals Virtual/in-person



Power of Meditation KP	Practice meditation skills to aid with stress management. <u>In this experiential workshop, participants will:</u> ▪ Learn about the benefits of meditation. ▪ Identify and define key meditation concepts. ▪ Practice body posture and breath awareness, the two most important aspects of meditation. ▪ Be guided through meditation exercises.	45–60-minute webinar
Practice Gratitude KP	Learn how to express gratitude, that can infuse positivity into all aspects of your life. The healthiest attitude is one of gratitude.	45–60-minute webinar
Practicing Self-Care KP	Explore how we can recharge, rest, & spend time doing things that matter most to us.	45–60-minute webinar
Resiliency Skills to Address Burnout KP	Empower yourself to overcome challenges of all kinds, better handle adversity and counteract burnout.	45–60-minute webinar
Self Compassion KP	Learn tools for self-love during challenging times.	45–60-minute webinar
Stress Busters: Practice Skills to De-Stress Your Life KP	Explores sources of stress and practice coping skills.	45–60-minute webinar
NEW **- Sleep and Women's Health** KP	Understand how menopause and perimenopause affect sleep, and practice tools to improve sleep hygiene and enhance relaxation for better sleep.	45–60-minute webinar
Sleep Your Way to Better Health KP	Review sleep cycle, sleep hygiene, and practice relaxation skills.	45–60-minute webinar
Staying Organized KP	Learn tips for getting your work life organized for better time management, improved efficiency, and less stress.	45–60-minute webinar



General Well-Being and Healthy Behaviors

Healthy Habits and Lifestyle Webinars and Trainings

Title/Provider	Description	Notes
Back Care KP	Describe basic anatomy, body mechanics, proper posture, and simple exercises to avoid pain and keep your back healthy.	45–60-minute webinar
Beat the Seat! Tips to Energize Your Work Commute KP	Learn proper body mechanics, stress reduction, sleep strategies, and meal prep short-cuts to help counteract sedentary behavior at work and on the go.	45–60-minute webinar
Brain Fitness KP	Learn its importance, engage in exercises, and acquire tips to keep the brain fit throughout the lifespan. <u>In this workshop, participants will:</u> ▪ Learn the importance of brain fitness to aid with memory retention. ▪ Understand the role of a fit brain in reducing risk for depression, dementia, and Alzheimer's. ▪ Engage in exercises to keep your brain fit throughout the lifespan.	45–60-minute webinar
Break Free: End Tobacco & Nicotine Use KP	Learn about tobacco (e.g. smoking, vaping, chewing), the science of dependence, and developing a quit plan.	45–60-minute webinar
Desk Workers KP	Find out effective ways to stay active while working at a desk. Discuss common health problems experienced by office workers, and strategies to improve activity levels and stress at your work desk. <u>In this workshop, participants will:</u> ▪ Learn the health risks associated with a sedentary lifestyle. ▪ Discuss effective ways to be active while working at a desk. ▪ Create a plan to incorporate physical activity and stress reduction into your workday.	45–60-minute webinar
Finding Your Voice- Addressing Weight Loss Challenges YMCA	In this interactive workshop, you'll learn how to have tough conversations about weight loss. Understand your why and learn how to overcome common challenges associated with weight loss.	30-minute workshop In-person or virtual
Good for You, Good for the Planet	Understand how changes to improve your well-being also can help the environment for a healthy planet.	45–60-minute webinar

KP		
Healthy Aging for Women: The Journey through Menopause KP	Delve into perimenopause, menopause and post-menopause. Discuss strategies to manage symptoms and maintain your overall health and wellbeing.	45–60-minute webinar
Healthy Habits KP	Learn how to make healthy habits stick, from eating well to being more active to managing stress, and more. This workshop focuses on goal setting and action planning for behavior/habit changes associated with any lifestyle factors. <u>In this workshop, participants will:</u> ▪ Learn how to turn a lifestyle change into a habit. ▪ Discuss barriers and triggers for positive health changes. ▪ Make an action plan for your habit changes.	45–60-minute webinar
Living Heart Healthy KP	Become familiar with key healthy behaviors to reduce the risk of heart attack and stroke. Includes a discussion of physiology, risk factors, and prevention of heart disease. <u>In this workshop, participants will:</u> ▪ Learn about heart disease and its risk factors. ▪ Understand risk factors for heart attack and stroke. Gain motivation to make lifestyle changes and reduce your heart disease risk.	45–60-minute webinar
Look Around – How Your Environment Influences Weight Loss Success YMCA	In this interactive workshop, you'll learn how your physical and social environment influences your healthy eating and physical activity practices.	30-minute workshop In-person or virtual
Managing Your Weight KP	Adopt healthier lifestyle habits to help with weight management. <u>In this workshop, participants will:</u> ▪ Identify challenges and barriers to maintaining an ideal weight. ▪ Discuss proven successes as a group. ▪ Review physical activity recommendations. ▪ Learn about healthy eating tools.	45–60-minute webinar

	▪ Understand how a healthy environment and mindset impact your goals.	
Move Safely at Work KP	Learn about repetitive motion injuries and discuss proper posture, body mechanics, and exercises to keep our bodies healthy during the workday.	45–60-minute webinar
Menopause and Weight Loss YMCA	In this interactive workshop, you'll learn how hormone changes, age, lifestyle, and genetic factors during menopause can affect body weight.	45-minute workshop In-person or virtual
Pre-Diabetes KP	Provide education regarding diagnosis, complications, and how to reduce pre-diabetes and diabetes risk. In this workshop, participants will: ▪ Define pre-diabetes, diabetes, and its health risks. ▪ Identify glucose goals. ▪ Review health complications associated with diabetes. ▪ Discuss the roles of physical activity and healthy eating in achieving and maintaining a healthy lifestyle. ▪ Develop an action plan to put into practice.	45–60-minute webinar
Save Your Skin in the Sun KP	Explore practices for sun safety, skin protection, and sunscreen labeling. In this workshop, participants will: ▪ Learn facts about the skin, the largest organ of the human body. ▪ Discover relationships between lifestyle habits and skin health. ▪ Discuss the impact of sun exposure and how to be safe in the sun. ▪ Review skin protection measures, including sunscreen use and its labeling.	45–60-minute webinar
Screen Time KP	Gain tips to manage technology including social media, while engaging in positive behaviors around technology use. Content can be tailored for kids or adults.	45–60-minute webinar
Self-Monitoring Your Weight Loss YMCA	Research shows that individuals who weigh themselves regularly are more likely to experience weight loss and weight maintenance success. Additionally, those who write down their foods and beverages have greater food awareness and report higher satisfaction levels with weight loss efforts. In this interactive workshop, participants will discuss self-monitoring strategies.	30-minute workshop In-person or virtual

Stroke Prevention KP	Understand the types and symptoms of stroke, risk factors including blood pressure, and steps to take to prevent a stroke. In this workshop, participants will: ▪ Learn about stroke and its risk factors. ▪ Identify stroke symptoms and the steps to take if experiencing symptoms. ▪ Discuss the vital role of blood pressure in stroke risk and how to control your blood pressure. ▪ Develop an action plan and put it into practice.	45–60-minute webinar
Take Control of Your Diabetes KP	Describe the condition, its diagnosis, and methods for blood glucose control. In this workshop, participants will: ▪ Learn what diabetes is and how it is diagnosed. ▪ Discuss the ABCs of diabetes for self-management: A1c, Blood Pressure, and Cholesterol. ▪ Understand the cornerstones of diabetes management: healthy eating, physical activity, self-monitoring, medication adherence, and mind-body balance ▪	45–60-minute webinar

General Well-Being and Healthy Behaviors

Healthy Eating and Nutrition Webinars and Trainings

Title/Provider	Description	Notes
NEW **- Anti-Inflammatory Eating** KP	Discover foods that reduce inflammation in the body and promote overall health. Includes discussion of diets high in whole plant foods, healthy fats, and fermented items, and that stabilize blood sugar.	45–60-minute webinar
Barriers to Regular Healthy Eating* YMCA	This webinar is a part of the YMCA's HEAL series. HEAL stands for Healthy Eating Active Living, and at the Y that's what we're all about. In this interactive workshop, you'll learn to identify and address your personal barriers to healthy eating.	30-minute workshop In-person or virtual
Building Healthy Meals KP	Uncover how to manage your meals from creative ideas about preparing, planning, and organizing your family meals for the week. In this workshop, participants will: ▪ Learn about portion sizes. ▪ Explore portion distortion.	45–60-minute webinar

	▪ Understand the differences between "portion" versus "serving." ▪ Discuss tools for portion control.	
Dietary Approaches to Stop Hypertension YMCA	In this interactive workshop, you'll learn about hypertension, what it is, and how it negatively impacts overall health. You'll also learn how the DASH eating plan – Dietary Approaches to Stop Hypertension – can help to prevent or control high blood pressure.	45-minute workshop In-person or virtual
NEW **- Food-Mood Connection** KP	Understand the concept of nutritional psychology – how food affects your mood – and explore the connection between mind & diet. Includes discussion of diets that lower the risk of mood swings, fatigue, and depressive symptoms.	45–60-minute webinar
Holiday Eating KP	Discuss holiday meals, handling social situations, and staying active during the holiday season. <u>In this workshop, participants will:</u> ▪ Explore ways to practice healthy eating while enjoying and celebrating the holidays. ▪ Discuss challenges encountered in maintaining a healthy diet during the holiday season. ▪ Plan coping strategies for the holidays. Develop an action plan to put into practice.	45–60-minute webinar
Nourish and Flourish: Healthy Eating Essentials KP	Learn the fundamentals of healthy eating and good nutrition to support overall wellness, energy, and long-term health	45–60-minute webinar
Pause and Savor. Eating Mindfully KP	Learn to be aware of physical hunger and satiety cues to guide your decision to begin eating and to stop eating.	45–60-minute webinar
Plant-Based Eating **KP**	Learn the principles of whole food plant-based eating, and how to put them into practice. <u>In this workshop, participants will:</u> ▪ Learn principles of Whole Foods Plant-Based (WFPB) eating. ▪ Discuss the health benefits of a plant-based eating lifestyle. ▪ Develop a plan around eating more plant-based foods.	45–60-minute webinar

Portion Control and Mindfulness-Based Eating YMCA	Eating is a social, emotional, cultural, and traditional practice. In this interactive workshop, you'll discover how your age, gender, cultural, and ethnic background can influence your eating practices. You'll also learn about mindfulness-based eating practices and discover tips for better portion control to bring joy back to eating.	30-45-minute workshop In-person or virtual
Reading Food Labels YMCA	In this interactive workshop, you'll learn to read and assess The American Food Label, including Nutrition Facts and Ingredients Lists, to ensure greater variety, moderation, and balance in your dietary intake.	30-45-minute workshop In-person or virtual
Exploring Dietary Fats YMCA	In this interactive workshop, you'll learn about the benefits of dietary fat, the different types of dietary fat, and the daily recommended intake (DRI) for fat	30-45-minute workshop In-person or virtual

General Well-Being and Healthy Behaviors

Physical Activity and Exercise Webinars and Trainings

Title/Provider	Description	Notes
Barriers to Regular Physical Activity YMCA	In this interactive workshop, you'll learn to identify and address your personal barriers to regular physical activity. You'll discuss the common challenges associated with being active and make a personal plan to approach movement as a strategy for lifelong well-being.	30-minute workshop In-person or virtual
Chair Exercises: Feeling Fit While Seated KP	Guided demonstration & practice of exercises while seated. Available as a single session and multi-session series.	45–60-minute webinar
Fitting It In! Tips for Regular Activity KP	Describe the benefits of physical activity, developing an exercise plan, overcoming barriers, and staying motivated. <u>In this workshop, participants will:</u> ▪ Learn about the benefits of exercise. ▪ Discuss what "counts" as exercise. ▪ Brainstorm barriers to being active and how to overcome them. ▪ Create an exercise plan to stay motivated.	45–60-minute webinar

	▪ Practice a 5 to 7-minute low to moderate-intensity exercise.	
The Next Step - Exercise at a Higher Level KP	Outline a comprehensive exercise program to address every aspect of physical fitness – aerobic, strength, flexibility, stability, and balance. <u>In this workshop, participants will:</u> ▪ Explore the essentials of physical activity. ▪ Learn how to make a weekly exercise plan. ▪ Build on your current exercise program to get the most out of your workout.	45–60-minute webinar
Desk Workers KP	Find out effective ways to stay active while working at a desk. Discuss common health problems experienced by office workers, and strategies to improve activity levels and stress at your work desk. <u>In this workshop, participants will:</u> ▪ Learn the health risks associated with a sedentary lifestyle. ▪ Discuss effective ways to be active while working at a desk. ▪ Create a plan to incorporate physical activity and stress reduction into your workday.	45–60-minute webinar

Group Exercise and Movement Classes

Class/Provider	Description	Notes
Basic Strength YMCA	Utilizing current exercise science for cardiovascular and muscle fitness; the class focus is conditioning for strength, power, and endurance. Non-impact options included. Great for all fitness levels Limited availability	30, 45, 60-minute session session In-person or virtual
Basic Core YMCA	A stronger core supports everything you do! From activities of daily living to athletic pursuits; this class will help you move better. Non-impact options included. Great for all fitness levels. Limited availability	30, 45, 60-minute session session In-person or virtual
Boot Camp YMCA	A class format that includes cardio, agility, core strength, and balance. Regressions and progressions will be given so all fitness levels are welcome. Limited availability	30, 45, 60-minute session session In-person or virtual
Cardio Kickboxing	High-intensity workout with kick and boxing combination. Suitable for all levels	30, 45, 60-minute session



YMCA	Limited availability	In-person or virtual
Chair Exercises/Chair Yoga KP SF Rec & Parks SFHSS Well-Being YMCA	Chair exercises/yoga offers gentle stretching and strengthening. This class aims to bring benefits such as stress reduction, and relief for common discomforts of neck and shoulder strain or back ache. Guided demonstrations and practice exercises while seated.	15, 20, 30-minute session session In-person or virtual
HIIT – High-Intensity Interval Training YMCA	High-Intensity Interval Training is a nonstop interval training designed to increase your stamina, speed, and strength. Limited availability	30, 45, 60-minute session In-person or virtual
Kayaking for your Well-Being SF Rec & Parks	Kayaking is a great workout that blends cardio with low-impact strength training. It strengthens arms and shoulders without stressing joints, suitable for different fitness levels. Being outdoors on the water also reduces stress and boosts mental well-being. So, beyond the fun and adventure, kayaking offers a holistic approach to fitness and mental health. At Lake Merced (North Lake Dock, across the street from Lake Merced Boathouse). Equipment and life vests are provided. Participants must watch kayaking training videos and sign a waiver before participating.	**Available Only:** March, April, May, September, October, and November Mondays, Wednesdays, and Fridays 1-hour sessions: 11 am-12 pm OR 12 pm-1 pm 6 minimum-10 maximum participants per hour
Meditation & Mindfulness SF Rec & Parks YMCA	These sessions offer accessible, stress-relieving, and moments of clarity for the modern-day overstretched mind. You will gain access to energizing breathing exercises, guided meditations, mindful stretching, and breath-focused practices.	15, 20, 30-minute session In-person or virtual
Pilates YMCA	A blend of strength and flexibility training to improve posture, reduce stress, and create long lean muscles. Pilates takes a balanced approach so that no muscle group is overworked, and the body moves as an efficient, holistic system in sport and daily activity. Incorporating the fundamentals of Pilates, this class is appropriate for all students. Limited availability	45–60-minute session In-person or virtual
Sound Bath Meditation YMCA *Limited Availability*	Slow down, breathe deeply, and relax in this calming Sound Bath Meditation class. You'll use gentle breathing, guided meditation, light movement, and soothing sound bowls to reduce stress and feel more at ease. Leave feeling calm and grounded, with simple tools to help you manage daily stress	45, 60-minute session In-person or virtual



Tai Chi SF Rec & Parks	Learn simple yet powerful movements that are easy and can help with stress reduction. Benefits include increased energy and balance, mental clarity, and help with the regulation of blood pressure. Suitable for both beginning and continuing students, regardless of your age, physical condition, or agility.	30, 45, 60-minute session In-person or virtual
Yoga SF Rec & Parks YMCA	Join yoga and experience its many benefits, including relaxation, improved circulation, strength, balance, and flexibility. Regular participation can help you gain greater efficiency of movement, fewer postural issues, and recover quicker from life's minor aches and pains	30, 45, 60-minute session In-person or virtual
Yogalates YMCA	Yogalates is an exercise technique that combines the benefits of core strength training of Pilates and the flexibility of yoga in one session. Limited availability	30, 45, 60-minute session In-person or virtual

Special Programs

Class/Provider	Description	Notes
Basic Health Screening KP Health Net	Do you know your numbers? Attend a Health Screening and discover your numbers for three major health risk factors: Total cholesterol, HDL, glucose, and blood pressure Each screening takes approximately 10-15 minutes and is non-fasting.	30-participants minimum. **Registration required:** Online appointment scheduler link provided
Advanced Health Screening KP Health Net	Do you know your numbers? Attend a Health Screening and discover your numbers for major health risk factors: Include obtaining Total Cholesterol, HDL, Glucose, Blood Pressure, Height, Weight, BMI, Body Fat Percentage. Each screening takes approximately 15-20 minutes and is non-fasting.	30-Participants minimum. **Registration required:** Online appointment scheduler link provided
Total Health Package KP Health Net	Do you know your numbers? Attend a Health Screening and discover your numbers for five major health risk factors: Total cholesterol, HDL, Low Density Lipoprotein (LDL), Triglycerides, Glucose, Blood Pressure, Measured Height, Weight & Waist Circumference, BMI and Body Fat %	30-participants minimum. **Registration required:** Online appointment scheduler link provided

	Each screening takes approximately 15-20 minutes and is non-fasting.	
Healthy Habits Program* KP	In this 6-week program, we'll help you tackle issues in your day-to-day life that make weight loss difficult, such as stress, lack of sleep, easy access to unhealthy food, and finding time to exercise. Learn how making healthy lifestyle choices, including regular exercise, proper nutrition, and keeping a positive attitude, can help you lose weight and keep it off. Program includes group sessions led by a Lifestyle Coach, 6-weeks of classes, topics include: weight, nutrition, exercise, stress, and staying motivated.	Virtual 45-60-minute sessions weekly for 6 weeks in a group coaching format. Required Participation: Minimum 12, Maximum 30 **Registration required:** Platform for registration is facilitated through KP and requires participants to complete a pre/post survey.
NEW **- Lifestyle Medicine Program** **(7 sessions)** KP	Address 6 core topics of building a healthy lifestyle: 1) nutrition, 2) physical activity, 3) stress management, 4) sleep, 5) social connections, and 6) avoidance of risky substances, in a group cohort setting. Includes weekly individual coaching	45-60 minutes/session Virtual live sessions
Small Group Coaching **KP**	Sessions will discuss goal setting and action planning for behaviors and habits associated with lifestyle factors. Through coaching, participants will learn how to turn lifestyle changes into habits, discuss barriers & triggers for positive health changes, and make an action plan for their habit changes. Possible session topics: Burnout, meditation, movement, nutrition, resiliency, sleep, stress.	30-60 minutes Virtual live sessions Max 25 Participants
Wellness Coaching KP	Reserve your spot to meet one-on-one with a Lifestyle Coach. Appointments can focus on healthy eating, weight management, physical activity, sleep, and managing stress. Appointments are 20 minutes and are conducted over the phone. During the time with the Coach, you will set goals, discuss potential challenges, address barriers, and celebrate success.	4-hour minimum Virtual via MS Teams Can be requested as a one-time event or as a series. **Registration required:** Appointment scheduler provided
NEW **- Women's Healthy Aging Series** KP	Multiple sessions that cover menopause & perimenopause, healthy sleep, preventative care, caregiver self-care, and stress management. Tailored for women's midlife years.	45-60-minutes/session Virtual live sessions

