

# 2016 GoUSF CALENDAR

## JANUARY

*Kickoff to Wellness*

### GO START

Go Learn Seminar:  
Positive Attitude

## FEBRUARY

*Physical Wellness*



### GO MOVE

Lunchtime Fitness Activities  
Tailgate and Men's  
Basketball Game

## MARCH

*Financial Wellness*



### GO SAVE

Go Learn Seminar:  
Shoe Fitting

## APRIL

*Environmental Wellness*



### GO GREEN

Go Learn Seminar:  
Injury Prevention and  
Core Stability, Part I  
Leadership Walk  
Walk to Work Day  
Earth Day on The Plaza  
Presidio 10  
March of Dimes Walk  
for Babies

## MAY

*Intellectual Wellness*



### GO WRITE

Go Learn Seminar:  
Injury Prevention  
and Core Stability, Part II  
Leadership Walk

## JUNE

*Family Wellness*



### GO READ

Go Learn Seminar:  
Yoga for The Runner  
Go Learn Seminar:  
Parenting for Positive  
Behavior  
Leadership Walk  
Young Minds at Work  
Pride Parade

## JULY

*Nutritional Wellness*



### GO NOURISH

Go Learn Seminar:  
Fueling Your Workouts  
Leadership Walk  
SF Marathon  
AIDS Walk

## SEPTEMBER

*Community Wellness*

### GO VOLUNTEER

Dons Spirit Walk  
Disaster  
Preparedness Fair  
St. Jude's Walk

## OCTOBER

*Breast Cancer Wellness*



### GO HOPE

Benefits and Wellness Fair

## NOVEMBER

*Spiritual Wellness*



### GO RELAX

Go Learn Seminar:  
Making Holidays Happy  
Sacred Spaces Walk

## AUGUST

*Social Wellness*

### GO BOND

Go Learning Seminar:  
Nurturing Your Friendships  
and Relationships  
Leadership Walk

## DECEMBER

*Healthy Holidays*

### GO APPRECIATE

Run Wild SF

Visit [gousf.usfca.edu](http://gousf.usfca.edu) for more information.





GoUSF is a nationally recognized, award-winning, holistic wellness program that engages all dimensions of employees' well-being.

## WHAT WE OFFER

- Lunchtime walks
- Race sponsorship and training
- Go Learn informational seminars
- Free Hubbub membership - online/mobile wellness platform
- Daily meditation and yoga for faculty and staff
- Wellness on Wheels - meeting warm-ups
- University, family and charity events

## STAY CONNECTED

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