



April 2024 Offerings

In-Person Classes:

More offerings
on the back! ➔

MONDAY

10:00AM-11:00AM

Capacitar/Gentle Movement @ The
Healing WELL

11:30AM-12:30PM

Recovery Support Group @ The Healing WELL

1:15PM-2:15PM

Soap making (every second and fourth
Monday) @ The Healing WELL

1:15PM-2:15PM

Drum Circle with CounterPulse (every first
and third Monday) @ The Healing WELL

THURSDAY

9:30AM-11:00AM

Hospitality Hour (Pastries, art, & footcare)
@ The Healing WELL

12:00PM-1:00PM

Yoga @ The Healing WELL

1:30PM-3:00PM

Walk/Run Therapy @ the Healing WELL

3:00PM-4:00PM

Zumba (Bi-Lingual Spanish & English) @ the
Healing WELL

TUESDAY

11:30AM-12:30PM

Women's Support Circle @ The Healing WELL

1:15-PM-2:00PM

Meditation @ The Healing WELL

2:30PM-3:30PM

Self Defense @ The Healing WELL

FRIDAY

11:30AM-12:30PM

Recovery Support Group @The Healing WELL

12:30PM-2:30PM

Improv & Storytelling with SF Shakes @
The Healing WELL

WEDNESDAY

11:30AM-12:30PM

Recovery Support Group @ The Healing WELL

1:15PM-2:15PM

Art Exploration @ The Healing WELL

2:30PM-3:30PM

Yoga @ The Healing WELL



*In the event of rain, class will be offered at the Healing WELL.
All offerings are continuous unless stated otherwise.*



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VIRTUAL Classes

TUESDAY

9:30AM-10:30AM

Community Chat

<https://us04web.zoom.us/j/388315067>

10:00AM-11:15AM

Poetry <https://us04web.zoom.us/j/388315067>

FRIDAY

9:00AM-10:00AM

Gentle Yoga

<https://us04web.zoom.us/j/388315067>

1-on-1 Care

HEALING TOUCH:

Tuesdays and Fridays by appointment

Please call 415-500-2099 or walk-in to schedule an appointment.

"Healing Through Nature" Monthly Field Trip

Saturday, April 13

Join us for a scenic picnic at Sutro Heights Park and optional hike. Enjoy ocean views and fresh, blooming flowers!

Meet at the Healing WELL at 12pm. Call 415-500-2099 to RSVP, spots are limited.

