

# **GENDER HEALTH SF: BODY WELLNESS GROUP**

**(RSVP REQUIRED!)**



Join Zami Tinashe in a 2.0 hour course to learn about nutrition, holistic health, and develop your own wellness plan.

We are offering this course **TWICE** for your convenience.

Zami Tinashe is a trans ACE-certified Personal Trainer and certified Nutritionist with a Master's in Social Work

and Master's in Arts and Social Transformation. He uses a holistic approach to support overall wellness.

**Please note:**

This class is specifically for Gender Health SF patients and community members.

All participants must RSVP to Gender Health SF:  
[genderhealthsf@sfdph.org](mailto:genderhealthsf@sfdph.org)  
(628) 206-7979

**WHEN:**

Monday, November 5<sup>th</sup>, 2018,  
3:00 P.M. – 5:00 P.M.

**OR**

5:30 P.M. – 7:30 P.M.

**WHERE:**

Gender Health SF,  
995 Potrero Avenue,  
Building 80, #8000N,  
ZSFG, SF, CA 94110

**WHO:**

Patients of Gender Health SF  
**(RSVP required)**

**WHY:**

Supporting you meet your wellness goals to optimize your surgery preparation and recovery.

