



HPP-Wellness in collaboration with Community Well presents

“I Feel Good!” (IFG)

HOMELESS PRENATAL PROGRAM • 2500 18TH ST SAN FRANCISCO • (415) 546-6756 • WWW.HOMELESSPRENATAL.ORG



April 13 - June 1st

*Thursday
at 1:30-2:30 pm
Via ZOOM*

A holistic and transformative program open to all families. IFG focuses on health and the prevention of chronic diseases such as cancer, diabetes and heart disease



4/13/2023	Transformation Circle
4/20/2023	Chronic Illness Prevention Education
4/27/2023	Nutrition For Chronic Illness Prevention
5/4/2023	Healthy Cooking For The Family
5/11/2023	Herbs For Health & Wellness
5/18/2023	The Power Of Detoxing
5/25/2023	The Mind-Full Life
6/1/2023	TransformationCircle

