

**THE WELLNESS COMMITTEE OF THE BARRISTERS CLUB  
INVITES YOU TO ATTEND**



**Wellness Wednesday:**  
**MOBILITY &  
RECOVERY WITH  
FITNESS SF**

**Wednesday  
September 4**

**6:00 p.m.  
Meet @ Sue Bierman Park**

This is a free event for all  
BASF members.

EVENT CODE: B191252

Want to take in some fresh air while spending time with colleagues and meeting new friends? Come join us for this month's Wellness Wednesday Event: Mobility & Recovery with Fitness SF.

Attorneys spend a lot of time in small offices, sitting behind desks, and attending events that are held inside. So each month we want to spend one Wednesday afternoon doing something wellness focused—spending time outside, getting some light exercise, practicing mindfulness, or learning something new from wellness professionals.

The month we'll take a stroll along the Embarcadero to the outdoor turf at Fitness SF. Their fitness instructor will lead us through some light group movements (no strenuous activities) and a discussion focusing on mobility & recovery techniques.

We'll meet at the southwest corner of Sue Bierman Park (at the corner of Clay and Drumm Street) at 6pm and walk together as a group. We look forward to seeing you there!