

HEALTHY and FUN LIFESTYLE RESOURCES

Support your new, tobacco-free healthy life style by checking out these free activities. Be adventurous –make a game of finding new activities that are free or low-cost, fun and inspiring!

Tobacco Free Project Stop Smoking Program Relapse Prevention (415) 206-6074

After you have successfully completed the program, please come to our Relapse Prevention meetings for social support, health information, and relaxation activities.



YMCA Central Branch | (415) 777-9622 | www.ymcasf.org

YMCA is a great place to take free and low-cost physical activity classes from yoga to swimming. There are many YMCAs throughout the city- check out their website to find the one closest to their home or call the numbers above. Low-cost memberships are available based on financial need.

FARMERS MARKETS

A great way to buy inexpensive, fresh produce and support California farmers while having fun! All Farmers Markets take EBT cards. A full list of farmer's markets here: <https://togetherinfood.wordpress.com/s-f-farmers-markets-the-full-list/>

Day	Time	Location
Tuesday	10:30AM -2:30PM	Ferry Plaza, Embarcadero at Market Street
Wednesday	7:00AM-5:00PM	Civic Center on Market between 7 th and 8 th Street
Thursday	9:00AM-1:00PM	Serramonte, behind the Target in Daly City
Saturday	6:00AM-3:00PM	100 Alemany by Putnam and Crescent
	8:00AM-1:30PM	Ferry Plaza, Embarcadero at Market Street
Sunday	7:00AM-5:00PM	Civic Center on Market between 7 th and 8 th Street

San Francisco Main Library has interesting exhibits and presentations, as well as many interesting books for children and adults: 100 Larkin St., (415) 557-4400.

LOCAL MUSEUMS with FREE DAYS

California Palace of the Legion of Honor Museum is free every Tuesday 9:30-5:00, in Lincoln Park at 34th Avenue & Clement Street; (415) 863-3330.

California Academy of Sciences is full of fun exhibits fun for children and adults, like an aquarium and a real rainforest! Free quarterly Sundays for everyone, and on Neighborhood Free Days based on your zip code with proof of residency: <http://www.calacademy.org/neighborhood-free-weekends> or call (415) 379-8000.

San Francisco Zoo has Free Days for San Franciscans with a proof of residency (ID or bill). Visit <http://www.sfzoo.org/visit/tickets-hours.htm> or call (415) 753-7080 for dates.

The Exploratorium is a fun hands-on science museum. To find the next Free Day visit <http://www.exploratorium.edu/visit/free-days-and-reduced-rates> or call (415) 528-4360.

S.F. RECREATION AND PARKS | sfrecpark.org | (415) 831-2700

SF Rec Park has many programs and rec centers throughout the city. Check the “Community Recreation Services” listing for your neighborhood. For drama, dance and music: (415) 554-9523.

GOLDEN GATE PARK | goldengatepark.com

Another gem where you can explore parks and museums!

- **Lawn Bowling Lessons** are free on Wednesdays 5:30-7:30 pm at Sharon Meadow in Golden Gate Park. Call (415) 831-0883 for more information and to make reservations.
- **Strybing Botanical Gardens** are open free to the public every day of the week at Ninth Avenue and Lincoln Way in Golden Gate Park 8:00-4:30 M-F and 10:00-5:00 weekends and holidays. Guided tours are held daily at 1:30.
- **AIDS Memorial Grove** free tours Thursdays 9:30 am – 12:30 pm, or by appointment by calling (415) 750-8340.
- **Stow Lake** off Kennedy Way, Golden Gate Park is a great place to take a walk!



GOLDEN GATE NATIONAL PARKS CONSERVANCY | www.parksconservancy.org (415) 561-3000

- **Plan your visit** to more than 40 local parks and see **Upcoming Events** such as gardening opportunities, guided walks and tours.
- **Find FREE shuttle rides** leaving from local libraries and going to new parks in the city and out of the city.

Crissy Field Center has a variety of programs including guided walks, and performances. Visit their center Wednesday through Sunday; call (415) 561-7752 for calendar and information.

Presidio Visitor Center also has presentations and events; (415) 561-4323.



SUNDAY STREETS | sundaystreetssf.com

Sunday Streets closes stretches of city streets to car traffic, and opens them to people on a Sunday once a month from 11am to 4pm, so that people can enjoy a large public space where they can bike, walk, run, dance, do yoga, or do any other physical activity.

FREE WALKING TOURS

- **City Guides** free walking tours of San Francisco neighborhoods and historic sites. Schedules are available at all S.F. public libraries, (415) 557-4266.
- **Free Tours by Foot** offer free walking tours of various neighborhoods! Visit: <http://www.freetoursbyfoot.com/free-san-francisco-tours> or call (415) 295-2207.

PLANET FITNESS | \$10 GYM MEMBERSHIP | planetfitness.com

(415) 433 3033, 350 Sansome St, SF, or 2945 Junipero Serra Blvd, Daly City

- For only \$10 per month, you get unlimited access at one gym location.
- For \$20 per month you can use any Planet Fitness gym and enjoy other benefits.