



FOR IMMEDIATE RELEASE
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CONTACT:
 Alma Rife at 619-533-4589 or agrife@sandiego.gov

City of San Diego, Sharp HealthCare Partner to Offer Free Wellness Workshops for Residents

MAYOR FAULCONER, COUNCIL PRESIDENT COLE JOIN SHARP CEO TO ANNOUNCE DOZENS OF HEALTH-RELATED WORKSHOPS TO BE HELD ANNUALLY AT CITY LIBRARIES AND RECREATION CENTERS

SAN DIEGO – Recognizing the importance of a healthy lifestyle, the City of San Diego is partnering with Sharp HealthCare to create a citywide wellness program that will offer dozens of free health-related classes for residents each year at libraries and recreation centers.

Mayor Kevin L. Faulconer and City Council President Myrtle Cole were joined Tuesday by Sharp HealthCare – recently named the City’s official Health and Wellness Partner – to announce the new partnership.

“We know San Diegans have busy lives with so many work and family responsibilities that folks often forget to focus on their own personal health,” Mayor Faulconer said. “This new partnership with Sharp HealthCare will provide opportunities for residents to get free health tips and other advice from top-notch health professionals at their neighborhood library or rec center. I encourage all San Diegans who want to lead healthier lives to take advantage of this wonderful program.”

The health and wellness program calls for 54 informational classes taught by experienced Sharp HealthCare educators to be held each year at libraries and recreation centers across the city. The free classes will cover a variety of health-related topics, including cancer prevention, stress management, depression, diabetes, and addiction and substance, among other issues.

“In December, this item was passed unanimously by the City Council because we all understood the importance of this partnership across all our districts,” said Council President Myrtle Cole. “I

encourage all residents who are interested to attend these workshops. These will help transform your lifestyle changes and more importantly, improve your quality of life.”

The classes are tailored to meet the needs of each community through the findings of Sharp’s health assessment process, which identifies gaps in health education. The health and wellness program will also include flu vaccinations and health-related discounts for City employees and support the City’s senior services program.

As part of the collaboration, Sharp HealthCare will provide an annual partnership fee of \$100,000 to the City for the next three years, with two one-year renewal options. In addition, Sharp HealthCare will provide in-kind services valued at approximately \$150,000 annually.

“Sharp HealthCare has been caring for San Diegans since 1955 when Sharp Memorial Hospital first opened its doors,” said Mike Murphy, President and CEO of San Diego’s largest health system. “Our partnership with the City of San Diego allows us to extend our mission to further serve the community by bringing important health and wellness information, customized specifically for each council district, to residents.

To register for Sharp HealthCare classes, call 1-800-82-SHARP (1-800-827-4277) or visit sharp.com/citywellness.

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