



May 12, 2026

DRAFT (PENDING APPROVAL BY VAC)

San Francisco Board of Supervisors
1 Dr. Carlton B. Goodlett Place
San Francisco City Hall, Room 244
San Francisco, CA 94102

Dear Honorable Members of the Board of Supervisors,

In recognition of May as Mental Health Awareness Month, the Veterans Affairs Commission would like to share information about “Mindful Movement for Veterans,” a free movement based wellness program presented to the Commission at our April 14 meeting by Regina Dick Endrizzi and Liam Day of Joe Goode Performance Group (JGPG). JGPG is a multidisciplinary arts organization that tells human stories through dance theater experiences and community programs.

We were very impressed by this program’s emphasis on gentle movement, creativity, and community connection. And the free one-hour online and in-person classes offer accessible and welcoming opportunities for veterans to support their well-being.

National data shows that veterans are more likely than the general population to report stress, feelings of isolation, or other mental wellness concerns. These findings point to the value of programs that encourage movement and connection. Mindful Movement for Veterans offers this type of supportive resource.

The Commission respectfully asks Supervisors to consider sharing this program’s information in district newsletters or in communications related to Mental Health Awareness Month. For convenience, a sample newsletter blurb is included at the end of this letter, and our Commission is available to connect your offices with the program organizers for any additional details.

Thank you for taking the time to review this information. And thank you especially for the Board of Supervisors continued support of our San Francisco veteran community.

Sincerely,

Bill Barnickel
President, Veterans Affairs Commission
City and County of San Francisco



Attachment: Sample Newsletter Blurb (Included for Convenience)

Mindful Movement for Veterans offers two free drop in wellness classes that support veterans through gentle movement, creativity, and community connection.

- Online Class (Free)

Open to all veterans, families, and friends.

- In Person Class (Free; Drop In Welcome)

401 3rd Street, San Francisco, CA 94107

Includes gentle movement with music, creativity, body and breath awareness, and community connection.

This program is offered by Joe Goode Performance Group.

For questions: damara@joegoode.org or sue.pung@va.gov