



May 12, 2026

DRAFT (PENDING APPROVAL OF VAC)

Communication Team of Mayor Daniel Lurie
San Francisco City Hall, Room 200
1 Dr. Carlton B. Goodlett Place
San Francisco, CA 94102

Dear Mayor's Communications Team,

In recognition of May as Mental Health Awareness Month, the Veterans Affairs Commission would like to bring to your office's attention "Mindful Movement for Veterans," a free movement-based wellness program presented at our Commission's April 14 meeting. Commissioners were very impressed with the presentation, as they are acutely aware of the ongoing need for mental health support among our veteran community. The program, which offers one-hour virtual classes on Mondays and in-person classes on Wednesdays, focuses on strengthening mental well-being through accessible movement practices.

Mental health challenges remain significant for many veterans, including higher rates of depression, loneliness, and suicide compared to the non-veteran population. Programs that build connection and resilience can provide meaningful support.

We respectfully request that the Mayor's Office consider including information about this program in communications during May, as well as in future messaging related to health and wellness. For convenience, a sample newsletter blurb is included at the end of this letter, and the Commission is available to connect your staff with the program organizers for any additional materials.

Thank you for taking the time to review this information. The Commission remains very grateful for Mayor Lurie's 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) Mondays, 1:00-2:00pm
Open to all veterans, families, and friends.

- In Person Class (Free; Drop In Welcome), Wednesday, 10:00am-11:00am
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