

Alternative Care	Organization/Provider	Address	Phone Number	Cost	Restrictions	When Available?
Chinatown						
Tai Chi	North East Medical Services*	1520 Stockton Street	1(415) 391-9686 ext. 5843	Free	Call to register	Wednesdays and Thursdays, 9:30am - 10:30am and 2:00pm - 3:00pm
Civic Center						
Meditation	The Healing Well	234 Hyde St	1(415) 500-2099	Free	N/A	Call for class times, or visit website for weekly class times: healingwellsf.org/calendar/
Yoga	The Healing Well	234 Hyde St	1(415) 500-2099	Free	N/A	Call for class times, or visit website for weekly class times: healingwellsf.org/calendar/
Tai Chi	The Healing Well	234 Hyde St	1(415) 500-2099	Free	N/A	Call for class times, or visit website for weekly class times: healingwellsf.org/calendar/
Haight/Ashbury						
Acupuncture	HealthRight360*	558 Clayton St. (and 1735 Mission St.)	1(415) 762-3700	Free	By referral only	Call for more information
Chiropractic Services	HealthRight360*	558 Clayton St. (and 1735 Mission St.)	1(415) 762-3700	Free	By referral only	Call for more information
Hayes Valley / Duboce						
Massage	National Holistic Institute, Student Massage Clinic	1655 Market St.	1(415) 861-2245 ext. 171	Call for information	N/A	Call for appointment , or make an appointment online at https://booknow.appointment-plus.com/z6e3062/10
Mission / Duboce						
Acupuncture	Charlotte Maxwell Clinic	2601 Mission St., #201 (at 22nd)	1(510) 601-7660	Free (at or below 200% FPL)	Women with cancer only	Call for an appointment; Every 3rd Friday 1:00pm - 6:00pm; more information at: charlottemaxwell.org/our-clinics/
Massage	Charlotte Maxwell Clinic	2601 Mission St., #201 (at 22nd)	1(510) 601-7660	Free (at or below 200% FPL)	Women with cancer only	Call for an appointment; more information at: charlottemaxwell.org/our-clinics/
Acupuncture	Homeless Prenatal	2500 18th St. (at Potrero Ave.)	1(415) 546-6756	Free	Pregnant women	Thursdays, 1:30pm - 4:00pm
Massage	Homeless Prenatal	2500 18th St. (at Potrero Ave.)	1(415) 546-6756	Free	Parents and babies	Thursdays, 1:30pm - 2:30pm
Yoga	Homeless Prenatal	2500 18th St. (at Potrero Ave.)	1(415) 546-6756	Free	Pregnant women	Thursdays, 9:15am - 10:15am
Yoga	Homeless Prenatal		1(415) 546-6756	Free	Parents and babies	Thursdays, 2:30pm - 3:30pm
Acupuncture	Immune Enhancement Project	3450 16th Street (between Church & Sanchez)	1(415) 252-8711	Sliding scale	N/A	Donation based drop-in clinic on Thursdays 1:00pm - 3:00pm
Massage	Immune Enhancement Project	3450 16th Street (between Church & Sanchez)	1(415) 252-8711	Sliding scale	N/A	Call for an appointment, or make an appointment online at: iepclinic.com/services.html
Traditional Chinese Medicine	Immune Enhancement Project	3452 16th Street (between Church & Sanchez)	1(415) 252-8711	Sliding scale	N/A	Call for an appointment, or make an appointment online at: iepclinic.com/services.html
Wellness Group	Positive Being	1170 South Van Ness, Suite 1	1(415) 821-6477	Donation-based (\$5-10 at minimum)	HIV+ only	Call for informaion or email info@positivebeing.org

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Fitness	San Francisco General Hospital, Community Wellness Program*	1001 Potrero St.	1(415) 206-4995	Free	N/A	Classes Monday - Friday: 9:00am – 5:00pm, visit sfghwellness.org for class schedule
Yoga	San Francisco General Hospital, Community Wellness Program*	1001 Potrero St.	1(415) 206-4995	Free	N/A	Classes Monday - Friday: 9:00am – 5:00pm, visit sfghwellness.org for class schedule
Meditation	Mission Dharma	1661 15th St (between Valencia & Mission)	N/A	Donation-based (\$5-25)	N/A	Tuesdays 7:30pm - 9:00pm, for more information visit missiondharma.org/
Acupuncture	San Francisco Community Acupuncture	220 Valencia Street (at Duboce)	1(415) 675-8973	Sliding scale (ranging from \$30-\$50, with an additional one-time paperwork processing charge of \$10 for the first visit)	N/A	Call for an appointment, or make an appointment online at missionsfca.com/patientinfo/
Portola						
Acupuncture	Silver Avenue Family Health Center*	1525 Silver Ave.	1(415) 657-1700	Free	For clinic patients only	Wednesday 1:00pm - 4:00pm by appointment 1(415) 657-1700; Friday 11:00am - 1:00pm first come, first served
Yoga	Silver Avenue Family Health Center*	1525 Silver Ave.	1(415) 657 - 1700	Free	For clinic patients only	Wednesdays 10:00-11:00am, Call for more information.
Potrero Hill						
Acupuncture	American College of Traditional Chinese Medicine	450 Connecticut St.	1(415) 282-9603	Acupuncture sliding scale (\$45 – \$65 based on income; \$35 student; over 65 call for pricing)	N/A	Call to request an appointment. Monday -Thursday 8:30-9pm; Friday & Saturday, 8:30am - 5:00pm. Call to request an appointment.
Massage	American College of Traditional Chinese Medicine	449 Connecticut St.	1(415) 282-9603	Acupuncture sliding scale (\$45 – \$65 based on income; \$35 student; over 65 call for pricing)	N/A	Call to request an appointment and to receive more information on the types of massages available. Monday to Thursday, 9:00am - 9:00pm; Fridays 9:00am - 1:00pm
Acupuncture	Potrero Hill Health Center*	1050 Wisconsin St.	1(415) 648-3022	Free	For clinic patients only	Mondays 8:15am - 11:15am by appointment 1(415) 684-3022; Mondays 2:00pm - 4:00pm first come, first served
Richmond						
Massage	World School of Massage	401 32nd Ave. (at Clement St.)	1(415) 221-2533	\$40 for one hour	N/A	Mondays 3:30pm, 5:00pm and 6:30pm; Wednesdays 3:30pm, 5:00pm, and 6:30pm; Fridays 3:30pm, 5:00pm and 6:30pm
SOMA						
Meditation	Tenderloin Health Services*	330 Ellis St.	1(415) 674-6140	Free to sliding scale	N/A	Calendar available at glide.org/Calendar



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Yoga	Tenderloin Health Services*	330 Ellis St.	1(415) 674-6140	Free to sliding scale	N/A	Calendar available at glide.org/Calendar
Tenderloin						
Massage	Tom Waddell Health Clinic	220 Golden Gate	1(415) 355-7400	Free	For clinic patients only	Call for more information
Acupuncture	Tom Waddell Health Clinic	220 Golden Gate	1(415) 355-7400	Free	For clinic patients only	Call for more information
Varies						
Massage	Care Through Touch institute	Varies	1(415) 344-0302	Free	N/A	Call for more information, or visit carethroughtouch.org/welcome/
Meditation	SF Insight	1187 Franklin St (at corner of Geary)	N/A	Donation-based (\$10)	N/A	Every Wednesday and Sunday from 7:00pm - 9:00pm

*SFHP Network Provider