



April-June Self-Care Activities

WHO: 3rd St Village and Bayview Opera House

WHAT: Yin Meditation and Formal Japanese Tea Ceremony

WHERE: 3rd St Village, 4716 3rd St., SF 94124

WHEN: Sunday May 7, 1pm-5pm

CONTACT: For more information, please click [here](#).

NOTES: Gain peace and tranquility, Join us for Yin Meditation with yoga instructor Armando Luna at 1p, followed by a Formal Japanese Tea Ceremony led by Ryosuke Ueda starting at 2p. 3rd St Village is a collaborative project by Andrea Baker Consulting, Bayview Opera House and Imprint City. It is supported by funding from Mayor Lee's Invest in Neighborhoods initiative, the San Francisco Arts Commission, Grants for the Arts, California Arts Council and San Francisco Foundation. Thanks to all of them!

WHO: Nature in the City

WHAT: Nature in the City Walk - Bayview Park

WHERE: Bayview Hill, 946 Key Ave, San Francisco, CA 94124

WHEN: Sat, May 13, 2017 11:00 AM – 12:30 PM

CONTACT: For more information and to register, click [here](#).

NOTES: This walk is a partnership between Nature in the City and CNPS! Tucked into the southeast corner of San Francisco, Bayview Hill offers visitors a wealth of wildflowers in spring and unique views all year round. The grasslands are among the best in the city. We expect to see mule's ears, lthuriel spears, coast onion and many other wildflowers. This will be a great chance to see some interesting grasses as well. We'll talk a bit about the wildlife that live in the park, and the history of conservation at the site.

WHO: Bayview Hunters Point Clinic

WHAT: Roses of Sharing

WHERE: Bayview/Hunters Point Clinic in the Arthur Coleman Building at 6301 3rd St., SF

WHEN: Every 3rd Wednesday of the month: May 17 from 1:00 – 2:00, or until we feel empowered and have started the process of healing

CONTACT: Call 415.339.8813 for more information and ask for Marlenea

NOTES: Come share all the different colors of roses, representing life's different colors. We are all phenomenal women, we need each other's support, love and concerns. Refreshments and

treats provided. <http://www.marincityclinic.org/event/womens-group-roses-of-sharing/2017-04-19/>

WHO: Bayview Hunters Point Clinic

WHAT: Healthy Living, Healthy Eating

WHERE: Bayview Clinic, 6301 Third Street (at Ingerson), SF 94124

WHEN: Every 3rd Friday of the month: May 19 from 1:00 – 2:00

CONTACT: 415-339-8813 info@bayviewclinic.org

NOTES: Every third Friday of the month from 1:00-2:00pm we are holding a Healthy Living, Healthy Eating class to discuss ways to live healthier, exercise more, and eat right. Join us to listen, talk, and eat! <http://www.marincityclinic.org/event/healthy-living-healthy-eating-group/>

WHO: Rafiki Coalition for Health & Wellness

WHAT: Rafiki Coalition 10th Annual Black Health & Healing Summit

WHERE: Rafiki Coalition for Health & Wellness, 601 Cesar Chavez St., SF 94124

WHEN: June 1,2,3, 2017 | 9am – 4pm **CONTACT:** For more information, contact Julie Harris at 415.615.9945 x101 jharris@rafikicoalition.org

NOTES: We are excited to announce our 10th Annual Black Health and Healing Summit, titled SANKOFA: the wisdom of learning from the past to build for the future! The Summit will occur over three days, June 1 – 3, 2017, and bring participants a rich experience of inspiration, spirit, culture and creativity. Offerings include a special talk by our Rafiki village member Dr. Joy DeGruy, titled “What Healing Looks Like,” a two-day series, in which she shares from her deep knowledge and experience of Post Traumatic Slave Syndrome and paths for healing Black/African American communities. Other highlights include: Community Drumming with Dr. Sal Nunez; performances by WolfHawkJaguar and the Prosperity Movement; a panel of Bay Area experts on the State of Black San Francisco, addressing health disparities, followed by more in-depth workshops that examine the root causes of health inequalities; a panel of Rafiki’s experts on Community Complementary Medicine and working with the African American community; nutrition demonstrations on Healthy Eating; and wonderful samplings of healthy, soulful nutrition, as well as an opportunity to shop with African American vendors and visit tables of community organizations. Please register at <http://tinyurl.com/rafikisummit10>
