



## September-October Self-Care Activities

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**WHO:** Dr. George W. Davis Senior Center

**WHAT:** Race walking with Bette Vargas

**WHERE:** Dr. George W. Davis Senior Center, 1753 Carroll Ave.

**WHEN:** Now – October 28<sup>th</sup>, every Saturday morning at 10:00am

**CONTACT:** Brittney Doyle at 415-822-1444

**NOTES:** Race walking with Bette Vargas is coming to the Bayview! Don't miss this FREE opportunity to try something new. All ages and walking levels are welcome. Come with your canes and your pains...we will help you walk it out. Join our Silver Streaks Program to Learn the Art of Racewalking. Lose weight, melt away belly fat, improve your balance, get in shape for the rest of your life! Learn at your own pace. All ages welcome!

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**WHO:** Candlestick Point State Park Recreation Area

**WHAT:** Healthy Parks Healthy People Walk

**WHERE:** Meet at Jack Rabbit Picnic Area

**WHEN:** Saturday, September 9 @ 10am – 11am

**CONTACT:** Michael Bennett 415-822-8032

**NOTES:** Join this casual hike through portions of the park. This is a one mile, slow-paced hike with minor elevation change. Dress light and sturdy shoes and water recommended. All ages, free of charge.

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**WHO:** San Francisco Recreation & Park Department

**WHAT:** Healthy Parks Healthy People & The Rare Birds of San Francisco

**WHERE:** Heron's Head Park, Jennings Street, San Francisco, CA 94124

**WHEN:** Saturday, September 23, 2017 10:00am – 2:00pm

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

**NOTES:** Healthy Parks, Healthy People is a Fun, Free and Invigorating program focused on health and the benefits of nature. Whether you have walked with us many times over the past 5 years, or never walked with us before, this celebration is for you and our parks. Come explore nature and see The Rare Birds of San Francisco! WALK! (10:00AM. Meet in the park by the parking lot) See The Rare Birds of San Francisco! Explore the Bay Trail! Visit the Eco-Center!

PARTY! (Starts at Noon, next to the Eco-Center) Play fun games! Eat some food! Meet new Friends! Good eats, good laughs, and good friends!

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**WHO:** Southeast Community Facility Commission

**WHAT:** 10<sup>th</sup> Annual Southeast Sector Health Fair

**WHERE:** Alex Pitcher Community Room at 1800 Oakdale Avenue, SF

**WHEN:** Saturday, October 28, 2017 from 10:00am – 2:00pm

**CONTACT:** Please feel free to contact Eleanore Fernandez directly at (415) 821-2040 or via e-mail at [efernandez@sfgov.org](mailto:efernandez@sfgov.org), to join us. <https://sfgov.org/sefacility/secfc-health-fair>

**NOTES:** This is our Tenth Annual Health Fair. Last year we had hundreds of attendees who came to the event and connected with organizations that showcased their services. We hope you can be part of it all again this year as we continue to promote health and wellness in the community. We look forward to collaborating with your organization, once again this year to serve the Southeast Sector Community.

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