



April-June Self-Care Activities

WHO: San Francisco Rec and Park

WHAT: Healthy Parks, Healthy People Trail Walk

WHERE: Heron's Head Park at Jennings Street off Cargo Way

WHEN: April 22 10 a.m. to 12:30 p.m.

CONTACT: For more information, contact lisa.mchenry@sfgov.org

NOTES: Admire the San Francisco waterfront as we follow a short section of the Bay Trail. This is a low impact walk designed for bird watching and socializing. Meet in the mini-park next to the parking lot. For a more enjoyable walk remember to dress comfortably, wear walking shoes, bring water and use sunscreen. Please check local weather forecasts – Trail Walks will be canceled due to rain or unsafe conditions.

WHO: Golden Gate National Parks Conservancy

WHAT: Park Prescription Day

WHEN: Sunday, April 23, 2017 11am-3pm

WHERE: Crissy Field

CONTACT: For more information, email dleong@parksconservancy.org

NOTES: Calling all kids, parents and grandparents to stay healthy in the outdoors. Activities: obstacle courses, hands-on activities, health screenings, fun fitness games, meeting park rangers, climbing wall and more.

WHO: Rafiki Coalition

WHAT: [Black Health and Healing Summit](#)

WHERE: Rafiki – 601 Cesar Chavez St. San Francisco, CA 94124

WHEN: June 2nd and June 3rd, 8:30-5pm

CONTACT: Free Event, Launch Party is Thursday, 5:30-8pm

NOTES: Guest speaker Dr. Joy DeGruy, author of Post-Traumatic Slave Syndrome. Panel discussions; Complementary and Alternative Therapies; Health screenings; Lunch served; Free Even.

WHO: National Park Service & Golden Gate National Parks Conservancy

WHAT: Community Programs

WHERE: Muir Woods or Alcatraz

WHEN: Ongoing

CONTACT: PaHoua Lee plee@parksconservancy.org or Ranger Fatima Colindres

fatima_colindres@nps.gov

NOTES: Schedule a free trip for your community group to Muir Woods or Alcatraz, including transportation.

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 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.
