



## ***February Self-Care Activities***

**WHO:** Rafiki Coalition and the Pop-Up Resource Village

**WHAT:** First Saturday for Your Health

**WHERE:** Rafiki Wellness Center, 601 Cesar Chavez Street

**WHEN:** Saturday, Feb 3<sup>rd</sup>, 9am-2pm

**CONTACT:** 415.615.9945 [jharris@rafikicoalition.org](mailto:jharris@rafikicoalition.org) [www.rafikicoalition.org](http://www.rafikicoalition.org)  
[www.popupvillage.org](http://www.popupvillage.org)

**NOTES:** Rafiki Coalition and the Pop-Up Resource Village present and expanded First Saturday Health Party. 9am-1:30pm – CAM (Complementary and Alternative Medicine), 9:30am-10:30am – Cardio Soul with Tiffany, 10:30am-11am – Cooking for Life, 11am-12pm – Lunch & Table Talk, 9am-2pm – The Pop-Up Village in Collaboration with Rafiki Coalition Brings: Bike-Powered Smoothies, Barber & Hair Stylist, Pop-Up Shops, Arts & Crafts, Book Mobile, Tech Mobile, Kids' Zone, and more...

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**WHO:** San Francisco Department of Public Health

**WHAT:** Breaking the Silence

**WHERE:** 1800 Oakdale, SF, CA

**WHEN:** Wednesday, February 7<sup>th</sup> 6-8pm

**CONTACT:** Vincent Fuqua [Vincent.fuqua@sfdph.org](mailto:Vincent.fuqua@sfdph.org) 628.206.7644

**NOTES:** National Black HIV/AIDS Awareness Day. Refreshments and entertainment provided.

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**WHO:** Alive & Free Training Institute

**WHAT:** Alive & Free Prescription Training

**WHERE:** Omega Boys Club, 1060 Tennessee Street, San Francisco

**WHEN:** Deadline to apply: March 2. Training dates are March 19-21, 8:30am-4:30pm

**CONTACT:** If you are interested in attending, please click [here](#) to complete the training application.

**NOTES:** This three-day workshop is for individuals who work with youth in community based settings. The Alive & Free Prescription™ works to change beliefs, attitudes, values and actions that promote violence. By adopting the Alive & Free Prescription™ and rolling out workshops to local service providers and training them to use the curriculum, San Francisco is moving in a direction where youth hear the same message wherever they are served and are held to the same behavior expectations. This program has been well received by various community-based organizations nationwide.

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**WHO:** Raynelle Rino (Rino Consulting Solutions)

**WHAT:** Reset & Reflection Hike

**WHERE:** Oakland

**WHEN:** Saturday, March 17 & Saturday, May 19 @ 10am

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

**NOTES:** This special hike will be guided by Transformative Coach, Raynelle Rino. This hike will serve as a good pause and resetting of your inner well-being. It's ideal for the busy, high functioning, and hard working professionals looking to create a specific time in nature to regroup as a self-care practice. We'll start by gathering in a more intimate location of the park. This will support our presence with each other and our surroundings. We'll then be guided through a process to develop your intention for the day and a specific meditation to hold while hiking. Most of the hike will be done in silence with some points of breaking into a group sharing of the experience.

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**WHO:** Rafiki Coalition

**WHAT:** Exercise, Nutrition and Wellness

**WHERE:** Rafiki Wellness Center, 601 Cesar Chavez Street

**WHEN:** See notes

**CONTACT:** For more information, contact Julie Harris 415.615.9945 x101 or

[jharris@rafikicoalition.org](mailto:jharris@rafikicoalition.org)

**NOTES: Art and Healing with Arianna Wheat:** March 22, 5-6:30pm | **Cardio Soul and Strength**

**Training with Tiffany:** February 3, 10, 17, 24 9:30am-10:30am | **Community Meditation:**

February 1, 22; March 6, 27 5-5:20pm | **Eat Well, Live Well: Healthy Food Demonstration:**

February 8, 15; March 13, 20 6:30pm-7:30pm | **First Saturday Health Party:** February 3, March

3 9am-12pm | **Invigorating Yoga with Armando Luna:** March 1, 8, 15, 29 5pm-6pm | **L.I.F.T. –**

**Beyond Self-Determination with Janine Greer:** March 27 6:30pm-8:30pm | **Line Dancing with**

**Ramona Pam:** February 1, 8, 15, 22; March 6, 13, 20, 27 5:30pm-6:30pm | **Qigong with David**

**Wei:** February 10 11am-2pm, March 1, 18, 15, 22, 29 6:30pm-7:30pm | **Strength Training with**

**Toussaint:** March 3, 10, 17, 24, 31 9:30am-10:30am

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