



March Self-Care Activities

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

NOTES: **Art and Healing with Arianna Wheat:** March 22, 5-6:30pm | **Community Meditation:** March 6, 27 5-5:20pm | **Eat Well, Live Well: Healthy Food Demonstration:** March 13, 20 6:30pm-7:30pm | **First Saturday Health Party:** 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:** March 6, 13, 20, 27 5:30pm-6:30pm | **Qigong with David Wei:** March 1, 18, 15, 22, 29 6:30pm-7:30pm | **Strength Training with Toussaint:** March 3, 10, 17, 24, 31 9:30am-10:30am

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.

WHO: El Centro Bayview

WHAT: Community Health Screenings

WHERE: El Centro Bayview Family Resource Center, 1341 Evans Ave., San Francisco

WHEN: Thursday, March 8th from 1-5pm

CONTACT: Tanya Reyes tanya.reyes@mncsf.org 415-431-2233

NOTES: No time to go to the doctor lately? Haven't been able to make an appointment? Join us March 8th as El Centro Bayview FRC holds a Community Health Screening. Check your weight, your blood pressure, your hearing and more at NO charge.

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.

WHO: San Francisco Black Infant Health

WHAT: Reclaiming our Time, Power and Health

WHERE: Westbay Community Center, 1290 Fillmore Street, San Francisco

WHEN: Friday, March 30th 9am-3pm

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

NOTES: Please join us for our 23rd Afrocentric Family and Life Conference! In the morning, we are featuring Dr. Theopia Jackson who will inform us on how to: 1. Discuss how historical cultural trauma and persistent racial stress may adversely impact Black Mothering. 2. Critically consider how African-centered principles can buffer the adverse effects of racial stress and promote collective and individual health and wellness. 3. Identify at least three African-centered strategies that can inform optimal cultural self-care, family-care, community-care, and development. In the afternoon we will explore the present-day activism of women and mother's around food justice. We are also honoring Dr. Melanie Tervalon and Jann Murray-Garcia who have produced ground-breaking work on cultural humility. Their contribution enables us to reclaim our power in a way that honors our womanhood and ourselves. Come, join us for information, inspiration and a chance to increase your power. Lunch will be provided along with a light breakfast.