



May Self-Care Activities

WHO: Bayview YMCA

WHAT: Walk for Wellness!

WHERE: Meet at Bayview YMCA, 1601 Lane Street

WHEN: Friday May 4th 10am-1:30pm

CONTACT: Derek Foster, 415-822-7728 ext. 4203 to reserve

NOTES: PRESIDIO WALK Every 1st Friday of the month. Join us on our monthly guided walk through Presidio National Park. Complimentary shuttle bus and lunch provided.

WHO: Bayview YMCA

WHAT: Hike Life!

WHERE/WHEN: Saturday, May 12th - REGISTRATION: 8:00am at Bayview YMCA; DEPART: 8:30am sharp. Return at or before 2pm.

CONTACT: Derek Foster 415-822-7728 x4203

NOTES: Nature for your Heart, Mind, Body & Spirit. Join us for an exciting day of adventure in nature. Once a month we take a guided trip in the Bay Area hills to replenish, energize and explore all things nature. Transportation and lunch is provided.

WHO: UCSF

WHAT: Annual Free Skin Cancer Screening

WHERE: UCSF Department of Dermatology, 1701 Divisadero Street, 3rd Floor

WHEN: Saturday, May 12 from 8am-4pm

CONTACT: If you have questions or concerns about this event, please contact: Lily Wong, Community Relations Representative at Lily.Wong3@ucsf.edu or 415-476-8318.

NOTES: In honor of National Skin Cancer Prevention and Detection Month, please join the [UCSF Department of Dermatology](#) for a free skin cancer screening. Skin cancer is the most common form of cancer, with over three million skin cancers diagnosed annually, two million people of which are in the United States. More new cases of skin cancer are diagnosed each year than the combined totals of breast, prostate, lung, and colon cancers. Anyone can develop skin cancer, regardless of skin color or general health. Many can be easily treated when detected early. At the 2017 event, UCSF conducted 313 screenings and 60 participants were identified with possible skin cancers, 7 of which were possible melanomas. Screenings will only be performed to determine the possibility of skin cancer. Medical consultation will not be provided for other skin conditions such as rashes, abrasions, etc. Screenings are open to the public and you do not

need to be a patient of UCSF to attend. Insurance and appointments are not required. All ages are welcome to attend for a screening.

WHO: Bayview YMCA

WHAT: My Brother's Keeper – Harambee'

WHERE: Bayview YMCA Conference Center

WHEN: Thursday, May 17th 6pm-7:30pm

CONTACT: Derek Foster 415-822-7728 x4203

NOTES: Brothas, it's time to Harambee' with healthy and powerful discussions over dinner. Harambee' is a Kenyan tradition, which means "coming together," I am my brothers keeper!

WHO: Raynelle Rino (Rino Consulting Solutions)

WHAT: Reset & Reflection Hike

WHERE: Oakland

WHEN: 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: Neighborhood Empowerment Network

WHAT: First Aid/CPR Certified Training (FREE)

WHERE: Bayview YMCA, 1601 Lane Street

WHEN: Tuesday, May 22 from 9am-1pm

CONTACT: To register for this free event, [click here](#).

NOTES: Resilient Bayview believes in empowering people to prepare for, and respond to, emergencies of all sizes. We do this is by providing individuals with the training and skills needed to help during times of crisis. By taking our first aid classes in San Francisco, you're joining the ranks of millions worldwide who will be there to help when it's needed most. This training will be held at the Bayview YMCA branch, conveniently located just off of Third Street, in the Bayview neighborhood.

WHO: SF Health Work & the YMCA

WHAT: Resiliency Days in Sunnydale

WHERE: Sunnydale Community Wellness Program, 1652 Sunnydale Ave

WHEN: Thursdays: May 24 and June 28th 3-4:30pm

CONTACT: For more information, call: 628.206.1123

NOTES: Join us as we celebrate the resiliency of ourselves and our community. To be resilient means the capacity to recover quickly from difficulties; toughness. Let's come together as a community and begin to heal from the trauma we may have experienced or find some strength during current struggles.
