



## May Self-Care Activities

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**WHO:** Bayview YMCA

**WHAT:** Walk for Wellness!

**WHERE:** Meet at Bayview YMCA, 1601 Lane Street

**WHEN:** Friday May 4<sup>th</sup> 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.

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**WHO:** Bayview YMCA

**WHAT:** Hike Life!

**WHERE/WHEN:** Saturday, May 12<sup>th</sup> - 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.

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**WHO:** UCSF

**WHAT:** Annual Free Skin Cancer Screening

**WHERE:** UCSF Department of Dermatology, 1701 Divisadero Street, 3<sup>rd</sup> 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](mailto: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.

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**WHO:** Bayview YMCA

**WHAT:** My Brother's Keeper – Harambee'

**WHERE:** Bayview YMCA Conference Center

**WHEN:** Thursday, May 17<sup>th</sup> 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!

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**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.

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**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.

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**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 28<sup>th</sup> 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.

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