



July Self-Care Activities

WHO: Bayview YMCA

WHAT: MY BROTHER'S KEEPER - HARAMBEE'

WHERE: BAYVIEW YMCA CONFERENCE CENTER

WHEN: Thursday, July 19th from 6-7:30pm

CONTACT: Derek Foster (415) 822-7728 x4203 for more information.

NOTES: Join the brothas for another powerful Harambee'. Healthy discussions over dinner with brothas of all ages. Harambee' is a Kenyan tradition, which means "coming together," I am my brother's keeper!

WHO: Candlestick State Park Ambassador Program

WHAT: Walking Group

WHERE: Meet at Jack Rabbit Picnic Area

WHEN: 8am-10am every Wednesday

CONTACT: Ambassador Programs Manager Stephanie.Hughes@Parks.ca.gov

NOTES: 1st Time walkers receive water bottle and healthy cook book

WHO: Bayview YMCA

WHAT: Power Step Into Fitness

WHERE: Bayview YMCA Group X 3rd Floor

WHEN: Every Tuesday 6pm-7pm

CONTACT: Derek Foster (415) 822-7728 x4203 for more information.

NOTES: Join Alfredo each Tuesday for a class designed to push your cardio edge into high gear and attack the legs in every plane of motion, both on the step and on the floor. With every step, it strengthens the heart, improves coordination and tones the body.

WHO: Bayview YMCA

WHAT: Workout in the Water

WHERE: Martin Luther King Pool, 5701 3rd Street, San Francisco

WHEN: Every Wednesday 12:30-1:30

CONTACT: Derek Foster (415) 822-7728 x4203 for more information.

NOTES: Water is a strength-training format suitable for everyone. This class utilizes the resistance properties of water to strengthen the core, upper and lower body; as well as providing cardio-vascular conditioning.
