



August Self-Care Activities

WHO: Bayview YMCA

WHAT: Skyline Ridge Open Preserve Hike

WHERE: Depart from Bayview Y at 8:30am SHARP

WHEN: August 11th

CONTACT: Derek Foster 415-822-7728 x4203

NOTES: This month's hike will be in the Skyline Ridge Open Preserve Mileage is 6.5 miles total. We hope to see you on our next hiking adventure. Transportation and lunch will be provided for you at no charge. Join us as we step out of the city and into nature every 2nd Saturday of the month. *Some Hiking Essentials: (Sun screen, layered clothing, snacks, water, hand sanitizer, post hike change of clothing & socks, boots or shoes for the terrain)

WHO: Bayview Hunters Point Clinic

WHAT: Open House & Neighborfest

WHERE: Bayview Hunters Point Clinic, on Ingerson Between 3rd & Jennings

WHEN: Saturday, August 11th from 11am-3pm

NOTES: Get to know your neighbors, the clinic & all the services we provide! FREE food, fun & sun, disaster preparedness & info from local experts. Medical, dental, behavioral health, addiction services, social work, etc.

WHO: Bayview YMCA

WHAT: My Brother's Keeper – Harambee'

WHERE: Bayview YMCA Conference Center

WHEN: Thursday, August 16th from 6pm-7:30pm

CONTACT: Derek Foster

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 brother's keeper!

WHO: Alive & Free Omega Boys Club

WHAT: Alive & Free Prescription Training

WHERE: Alive & Free Omega Boys Club, 1060 Tennessee Street

WHEN: Deadline to apply is Friday, August 17th. Program runs August 27-29.

CONTACT: If you are interested in attending, please [click here](#) to complete the training application on our website no later than Friday August, 17th 2018.

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: EcoCenter

WHAT: Heron's Head Park Trail Walk

WHERE: Heron's Head Park

WHEN: August 25th from 10am-12pm

CONTACT: 415-839-4963 bayecotarium.org/ecocenter

NOTES: In collaboration with SF Recreation and Parks and the Healthy Parks, Healthy People initiative, join professional guides on an interpretive walk to admire the San Francisco waterfront as we follow a short section of the Bay Trail. This low impact walk is great for socializing and bird watching. This walk will begin in the mini-park next to the Heron's Head Park parking lot at 10am. Don't forget to bring water, hats, and sunscreen!

WHO: Comm(unity) & Rino Consulting Solutions

WHAT: "Be the Healing" Workshop Series

WHERE: Community Well, 78 Ocean Ave., SF 94124

WHEN: September 21 & 28 2pm-4pm & September 29 10am-4pm

CONTACT: bethehealingsf.eventbrite.com For more info, contact Kisai communitysf1@gmail.com

NOTES: A workshop series focusing on Self Awareness & Trauma Recovery with a Vicarious Trauma Healing Hike and Joyous Closing Celebration @ Hummingbird Farm. For social service providers, educators and those who bring hope & healing to their communities.

WHO: Southeast Community Facility Commission

WHAT: 11th Annual Health and Harvest Fair

WHERE: 1800 Oakdale, Alex Pitcher Room

WHEN: Saturday, October 27 10am-2pm

CONTACT: Eleanore Fernandez 415-821-2040 efernandez@sflower.org

NOTES: Our health matters. Celebrate the fall season and support healthy eating and active living in a fun, family affair. Free health screenings, fresh produce & lunch. Raffle giveaway, kids' zone and pumpkin patch, senior zone, live entertainment.

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 cardiovascular conditioning.

WHO: Bayview YMCA

WHAT: Strengthen Your Body

WHERE: Bayview YMCA, 1601 Lane Street

WHEN: Every Thursday from 10am-11am

CONTACT: Derek Foster 415-822-7728 x4203

NOTES: Utilizing current exercise science for cardiovascular and muscle fitness; the class focus is conditioning for strength, power and endurance. Class may use resistance bands, hand weights, steps. Mats, body weight, etc. Side effects may include: better posture, smaller waistband, improved mood, making new friends! Great for all fitness levels.

WHO: Bayview YMCA

WHAT: Peaceful Practice in the Park – Tai Chi

WHERE: McLaren Park Tennis Courts

WHEN: Every Friday from 9:30am-12pm

CONTACT: Derek Foster 415-822-7728 x4203

NOTES: Experience this Chinese martial art and form of stylized, meditative exercise, characterized by methodically slow circular and stretching movements and positions of bodily balance. This gentle form of exercise can help maintain strength, flexibility, and balance, and could be the perfect activity for the rest of your life. It can help reduce stress, improves concentration, increases energy. This is a free community class.

WHO: Bayview YMCA

WHAT: Get Flexible, Get Strong - Basic Yoga

WHERE: Bayview YMCA, 3rd Floor Dance/Yoga Studio

WHEN: Every Saturday 9:15-10:15am

NOTES: Join us for Basic Yoga every week at the Bayview YMCA. This all level class is a time to listen to the heart, calm the mind and relax the body.
