



## August Self-Care Activities

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**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)

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**WHO:** Bayview Hunters Point Clinic

**WHAT:** Open House & Neighborfest

**WHERE:** Bayview Hunters Point Clinic, on Ingerson Between 3<sup>rd</sup> & Jennings

**WHEN:** Saturday, August 11<sup>th</sup> 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.

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**WHO:** Bayview YMCA

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

**WHERE:** Bayview YMCA Conference Center

**WHEN:** Thursday, August 16<sup>th</sup> 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!

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**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 17<sup>th</sup>. 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.

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**WHO:** EcoCenter

**WHAT:** Heron's Head Park Trail Walk

**WHERE:** Heron's Head Park

**WHEN:** August 25<sup>th</sup> from 10am-12pm

**CONTACT:** 415-839-4963 [bayecotarium.org/ecocenter](http://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!

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**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](http://bethehealingsf.eventbrite.com) For more info, contact Kisai [communitysf1@gmail.com](mailto: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.

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**WHO:** Southeast Community Facility Commission

**WHAT:** 11<sup>th</sup> 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](mailto: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.

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**WHO:** Bayview YMCA

**WHAT:** Power Step Into Fitness

**WHERE:** Bayview YMCA Group X 3<sup>rd</sup> 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.

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**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.

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**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.

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**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.

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**WHO:** Bayview YMCA

**WHAT:** Get Flexible, Get Strong - Basic Yoga

**WHERE:** Bayview YMCA, 3<sup>rd</sup> 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.

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