



September Self-Care Activities

WHO: Rafiki Coalition for Health & Wellness

WHAT: September Programs

WHERE: Rafiki Coalition, 601 Cesar Chavez

CONTACT: 415.615.9945

WHEN/NOTES: **Community Meditation: Sept 6th @ 5pm** Rejuvenating time to be still and relax with fellow community members. | **Rhythmic Stretch Movement: Sept 6, 13, 20 & 27 @ 5:30pm** A 360° full body stretch via slow rhythmic movement, deep breathing along with mat and chair work. | **First Saturday Health Party: Sept 8th @ 9am** A Saturday morning neighborhood health party that's good for your mind, body and soul. | **Resultz Health & Fitness: Sept 8, 15, 22 & 29 @ 9:30am** Comprehensive education, nutrition, goal setting strength building and fitness training structured to provide focused coaching in preparing our minds and bodies for continued health & fitness. | **Passport Orientation: Sept 25 @ 5:30pm & Sept 27 @ 6:30pm** Registration for Rafiki's 90-day Passport program of nutrition, movement and healing classes starting October 2nd. | **Rafiki Movie Night: Sept 26 @ 5:30pm** "A Wrinkle in Time" | **Healthy Body, Healthy Mind: Sept 15th @ 11 am – 2:00 pm** Qigong Intensives, often referred to as Chinese Yoga, is a traditional wellness system designed to optimize one's entire being.

WHO: Bayview YMCA

WHAT: Presidio Walk

WHERE: Bayview YMCA, 1601 Lane Street

WHEN: Sept 7th 10am-1:30pm

CONTACT: Derek Foster 415-822-7728 x4203

NOTES: Join us on our monthly guided walk through Presidio National Park. A free shuttle bus and lunch will be provided.

WHO: Sickle Cell Anemia Awareness

WHAT: 5th Annual KMJ SC Warrior Walk

WHERE: Walk starts at the Bayview Opera House, 4705 3rd Street & continue towards Evans St.

WHEN: Saturday, September 15th from 9:15am-12:45pm

CONTACT: For more information & to register, [click here](#).

NOTES: WELL KMJ HAS DONE IT! HIT THE FIVE YEAR MARK!! The 5th Annual KMJ SC WARRIOR WALK hosted by Sickle Cell Anemia Awareness a non-profit organization located in San Francisco will be at a new venue this year. The mission: to broaden awareness about the disease, advocate for patients/families access to quality healthcare and empower through education. The goals: to build relationships with key stakeholders (patients, legislators, decision makers, community based organizations) to bring about change, increase support and participation with our events and develop employment pathways through our Internship Program. Join us in, "Igniting an Era of Awareness!"

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: Bayview YMCA

WHAT: Healthy Living is Back! Sign Up!

WHERE: Bayview YMCA, 1601 Lane Street

WHEN: Begins Friday Sept. 21 5:30pm-7:30pm

CONTACT: Please contact Nicole Yarbrough at 415-822-7728 x4254 or nyarbrough@ymcasf.org to confirm your spot.

NOTES: Want to learn how to buy, cook and eat healthier foods? Want to become stronger physically and mentally? If you answered yes to any of these questions this series is definitely for YOU! Participants will get a free grocery shopping excursion AND qualify to win a \$50 gift card upon completion! Call or email Nicole to reserve your space and more information. Starting FRIDAY Sept 21st from 5:30pm to 7:30pm you can begin your journey to a healthier YOU. Space is limited.

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: Hunters View YMCA

WHAT: Get Fit in Hunters View!

WHERE: Hunters View Block 4 Community Center, 1101 Fairfax Ave

WHEN: See notes

CONTACT: Vashann Jackson (415) 822-7728 x4254 vjackson@ymcasf.org

NOTES: Hunters View Circuit Training: THURSDAY's 9am-10am Join Vashann Jackson each Thursday for a class designed to push your cardio edge into high gear. Burst through your fitness plateau with bursts of athletic cardio & strength conditioning. Dig deep and work it all with increased intensity to get the most for your time indoor and outdoor. | **Sit and Be Fit: TUESDAY's 9am-10am** Join Sally Miramon for a combination of cardiovascular, strength and flexibility training performed primarily while seated. Great for all levels of fitness and a great way to start a workout routine.

WHO: Bayview YMCA

WHAT: Move to Improve

WHERE: Bayview YMCA, 1601 Lane Street

WHEN: Every Tuesday 10:30am-11:30am

CONTACT: Derek Foster (415) 822-7728 x4203

NOTES: Our Move to Improve class has gone through some changes. Elissa has moved on and will be dearly missed. We are blessed to announce our Sit and Be Fit instructor, Sally Miramon will take over the class and will surely keep everyone moving towards their goals. The class time has been moved to 10:30-11:30am. We look forward to seeing you in class and supporting your fitness goals!

WHO: Wise Health

WHAT: Walk & Roll Group

WHERE/WHEN: Meet us at 2 locations: Mon & Wed 9:30am-10am @ 5600 3rd Street | Tues & Thurs 10am-10:30am @ 1753 Carroll Ave.

CONTACT: Call us at 415-312-3578 with questions or to sign up

NOTES: Join us as we walk our beautiful community. We welcome all walking levels. If you are an individual in a wheelchair – this is the group for you. Your caregiver must attend the walk with you. Refreshments provided!
