



October Self-Care Activities

WHO: Rafiki Coalition for Health & Wellness

WHAT: October Programs

WHERE: Rafiki Coalition, 601 Cesar Chavez

CONTACT: 415.615.9945

WHEN/NOTES: Art of Hula Dancing: October 9, 16, 23 & 30 @ 5:30pm Graceful and culturally rich movements to enrich our souls and invigorate our body. | **First Saturday Health Party: October 6 @ 9am** A Saturday morning neighborhood health party that's good for your mind, body and soul. | **Qigong with Marion: October 10 & 31 @ 10:30am** A distinctive Qigong practice of the Han Dynasty, which focuses on tranquil and powerful movements to optimize internal organ health. | **Therapeutic Yoga: October 4, 11 & 25 @ 5pm** Stretching and strength building movements that provide therapeutic benefits. | **Qigong with David Wei: Oct. 4, 11, 18 & 25 @ 6:30pm** Traditional Chinese yoga designed to optimize one's entire being. | **Eat Well, Live Well: Oct. 9 & 16 @ 7:30pm** Healthy food education and demonstration. | **Resultz Health & Fitness: Oct. 6, 13, 20 & 27 @ 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. | **Strength Training with Toussaint: Oct. 13, 20 & 27 @ 11:30am** Active movement for men and women to gain body strength, flexibility and power. | **Healing Circle: Oct. 15 @ 2pm** A community healing and restorative circle addressing grief, collective struggles and rejuvenating uplifting practices. | **Art and Healing: Oct. 18 @ 4:30pm** A series of healing using ancient sounds and energy to achieve inner calmness and equilibrium. | **Tai Chi: Oct. 17 & 24 @ 10:30am** A gentle form of movement that promotes stress reduction, coordination and balance among other health benefits. | **Community Walk: Oct 12 @ 10am** A community walk for everyone! Free transportation and lunch provided. Reserve with Maxine 415.615.9945 x104

WHO: Alive & Free

WHAT: Alive & Free Training Institute

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

WHEN: October 22-24 8:30am-4:30pm

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

NOTES: Day 1: Violence as a Disease and Risk Factors and Symptoms. Day 2: Deprogramming the Commandments of Violence and Dealing with Emotional Residue: Anger, Fear, and Pain.

Day 3: The Prescription to End Violence and the Rules for Living. The Alive & Free Prescription operates on the principle that violence is a disease with an explicit treatment process. The Prescription identifies and addresses the symptomatic thinking that puts young people at risk (Commandments of Violence), the actions that put young people at risk for violence (Risk Factors), the feelings and emotions that contribute to violent and/or destructive behavior (Emotional Residue of Anger, Fear, and Pain), and the Rules for Living that promote positive lifestyle choices. Young people who learn the Alive & Free prescription also have a new set of life skills to make choices that help them go to college, succeed in life, and give back to their communities.

WHO: Hike It Out Coaching's

WHAT: Radical Self Love

WHERE: Redwood Regional Park, 7867 Redwood Road, Oakland (meet at Canyon Meadow parking lot)

WHEN: Sunday, October 21st 8:30am

CONTACT: [Purchase tickets here](#)

NOTES: Please join in on the celebration of true RADICAL SELF LOVE with this day in nature & with each other! All are welcome; those who have done at least one healing hike before & those who are interested in experiencing their first one ever! Sorry, no minors or pets on the healing hike portion of the day. We will do a beginner's level hike in Redwood Regional. Please arrive on time for a proper opening circle.

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: The SFPUC and the Southeast Community Facility Commission are thrilled to hold our 11th Annual Health & Harvest Fair. We will be hosting a variety of organizations offering interactive activities, free health screenings and demonstrations that promote healthy lifestyles for District 10 residents. The fair will also include free fresh produce, free lunch, a raffle giveaway, a kids' zone and a "Storytime" pumpkin patch, a senior zone and live entertainment. Join us to celebrate the fall season with the local community at this fun, family-friendly event. See you there!
