



November Self-Care Activities

WHO: Rafiki Coalition for Health & Wellness

WHAT: November Programs

WHERE: Rafiki Coalition, 601 Cesar Chavez

CONTACT: 415.615.9945

WHEN/NOTES: **Community Meditation: Nov. 6th 5pm** - Rejuvenating time to be still and relax with fellow community members. | **Line Dancing: Nov. 6, 13, 20, 27 5:30pm** - Energizing culturally rhythmic movements in synchronized formations with soulful music. | **L.I.F.T.: Nov. 27 6:30pm** - A rejuvenating practice, in which community members gather in a safe circle to discuss faith, support and strength. | **First Saturday Health Party: Nov. 3 9am** - A Saturday morning neighborhood health party that's good for your mind, body and soul. | **Restorative Yoga: Nov. 7, 14, 18 10:30am** - Yoga as a practice of self-care by restoring and renewing mind, body and spirit. | **Vinyassa Flow Yoga: Nov. 1, 8, 15 5:30pm** - Stretching and strength building movements that provide therapeutic benefits. | **Qigong with David Wei: Nov 1, 8, 15, 29 6:30pm** - Traditional Chinese yoga designed to optimize one's entire being. | **Community Healing Circle: Nov. 12 2pm** - A community healing and restorative circle addressing grief, collective struggles and rejuvenating uplifting practices | **Eat Well, Live Well: Nov. 13, 20 5:30pm** - Healthy food education and demonstration | **Turn up/Hip Hop Cardio: Nov. 10 9:30am** - Cardio Hip Hop is a dance-based cardio class designed to get you moving to a variety of hip hop songs. | **Sound Healing: Nov. 29 4:30pm** - A series of healing using ancient sound and energy to achieve inner calmness and equilibrium

WHO: LEGACY

WHAT: Medicinal Drumming Class

WHERE: LEGACY 1305 Evans Avenue, SF 94124

WHEN: Thursdays 6pm-7:30pm, Nov - December 6

CONTACT: For more info or to RSVP: Jennifer Hubbart 415.920.7704 or Pamela Powell 415.920.7707

NOTES: For families that have been effected by trauma or domestic violence. This class is for children and their caregivers. Dinner will be provided.

WHO: Huntersview Community Wellness Program

WHAT: Wellness Center Grand Opening

WHERE: 901 Fairfax Avenue

WHEN: Saturday, November 3 12pm-4pm

CONTACT: 628-217-5220

NOTES: Come join us for a fun-filled family afternoon with good eats and treats, games, and boomin' beats! Raffles and prizes every 30 minutes! Community resources will be available on site!

WHO: Black African American Health Initiative, Rafiki Coalition, BVHP YMCA

WHAT: Uplifting Health: Taking Action for Black Health

WHERE: Southeast Community Center, 1800 Oakdale

WHEN: Tuesday, November 13 5pm-8:30pm

CONTACT: [Register here.](#)

NOTES: An opportunity for the community to come together to discuss what's happening with Black/African Americans health. We will have Dr. Ayanna Bennett to give an overview of Black Health. We will have roundtable discussion with city and community based services and there will be a panel discussion with community-based organization in Bayview around improve your health and services that our offered.
