



May Self-Care Activities

WHO: UCSF

WHAT: Free Skin Cancer Screening 2019

WHERE: UCSF Department of Dermatology, 1701 Divisadero Street, 3rd Floor

WHEN: Saturday, May 4th 8am-4pm

CONTACT: If you have questions or concerns, please contact Lily Wong, Assistant Director of Community Relations, at Lily.Wong3@ucsf.edu or (415) 476-8318.

NOTES: Screenings will be performed only to determine the possibility of skin cancer. Medical consultation will not be provided for other skin conditions such as rashes, abrasions, etc. Screenings are open to the public, and you do not need to be a patient of UCSF to attend. Insurance and appointments are not required. All ages are welcome to attend for a screening. Participants will be seen on a first-come, first-served basis.

WHO: Edgewood FRC & Heron's Head Eco-Center

WHAT: The Monthly Nature Walk

WHERE: Meet at: 32 Jennings

WHEN: May 6th from 12pm-1pm. First Monday of every month from 12pm-1pm, rain or shine.

CONTACT: Francisco Ferrer 415.725.0758

NOTES: Edgewood FRC and Heron's Head Eco-Center invites you to participate and enjoy the monthly nature walk right in our backyard. For service providers, families and pets.

WHO: Rafiki Coalition for Health & Wellness

WHAT: 12th Annual Black Health & Healing Summit

WHERE: Rafiki Coalition, 601 Cesar Chavez St.

WHEN: Friday, May 31st & Saturday, June 1st

CONTACT: Maxine Tatmon-Gilkerson, maxine@rafikicoalition.org 415-615-9904

NOTES: Rafiki Coalition for Health & Wellness present the 12th Annual Black Health and Healing Summit, with the theme Imani: Re-igniting Black Love & Black Joy (Imani means Faith in Swahili). The summit is a 2-day celebration bringing the community, community-based organizations, and university-based programs together to dialogue, educate and connect around the inequities in the Black/African American community. On both days, participants can expect nationally-known dynamic speakers, health symposia, health screenings, local performers and artists, nutritious food, produce/farming information, movement and free therapeutic massage, chiropractic and acupuncture services. In the spirit of collective impact the event is FREE for the whole community.

WHO: Rafiki Coalition for Health and Wellness

WHAT: Complementary Medicine Clinic

WHERE: 601 Cesar Chavez Street

WHEN: See notes

CONTACT: 415-615-9945 www.rafikicoalition.org

NOTES: Acupuncturists: Marion Wei Monday 10am-4pm, Jonathan Nelson Tuesday & Wednesday 10am-6pm, Ali Hakimi Thursday 10am-6pm | Massage Therapists: Wayne Fontaine Monday 10am-6pm, Brian Abram Tuesday & Wednesday 10am-6pm, Piet Bereal Wednesday 2pm-6pm & Thursday 10am-6pm.

Schedule subject to change without notice. Please call at your convenience to confirm services offered.

Services provided on a first-come, first-served basis; appointments cannot be made.
