



March Self-Care Activities

WHO: Rafiki Coalition

WHAT: March Meditation Mondays with Shaka Jamal

WHERE: Online Zoom ID: 274 369 3928

WHEN: Mondays, March 7 - 28, 2022 at 5:30pm - 6:30pm

CONTACT: Randi Ellis at 415-255-5558

NOTES: This March, as part of the Black Wellness Movement Rafiki is focusing on Black Mental Health. We invite you to participate in this FREE event.

WHO: Rafiki Coalition

WHAT: World Rhythms Workout with Brenda Perdue

WHERE: Online Zoom ID: 274 369 3928

WHEN: Tuesdays, March 8th and 15th, 2022 at 11am-12pm

CONTACT: Randi Ellis at 415-255-5558

NOTES: Come move your body to invigorating world music with Brenda Purdue!

WHO: Rafiki Coalition

WHAT: Ali Hakimi License Acupuncturist

WHERE: Rafiki Coalition 601 Cesar Chavez St.

WHEN: Mondays - Thursdays from 11am-6pm

CONTACT: Call 415-615-9945 Ext. 107

NOTES: Starting now we have a Complementary Medicine Clinic. No walk-ins accepted. Appointments Only. Closed for lunch daily at 1pm-2pm. For more information www.rafikicoalition.org.

WHO: Rafiki Coalition

WHAT: Dr. Marsha Evans Licensed Chiropractic

WHERE: Rafiki Coalition 601 Cesar Chavez St.

WHEN: Tuesdays - Wednesdays from 11am-6pm

CONTACT: Call 415-615-9945 Ext. 107

NOTES: Starting now we have a Complementary Medicine Clinic. No walk-ins accepted. Appointments Only. Closed for lunch daily at 1pm-2pm. For more information www.rafikicoalition.org.

WHO: Rafiki Coalition

WHAT: Massage Therapists

WHERE: Rafiki Coalition 601 Cesar Chavez St.

WHEN: Mondays - Thursdays from 11am-6pm

CONTACT: Call 415-615-9945 Ext. 107

NOTES: Starting now we have a Complementary Medicine Clinic. No walk-ins accepted. Appointments Only. Closed for lunch daily at 1pm-2pm. For more information www.rafikicoalition.org. Fatema Morris - Mondays and Tuesdays, Cherie Harper - Wednesdays, Paul Grier - Wednesdays and Thursdays.