

Calendar

JANUARY – MARCH 2018

Exercise • Nutrition • Health Screening • Complementary Medicine • Education

Our 2018 grassroots health and wellness movement awaits you!

Rafiki Coalition's mission is to eliminate inequalities in San Francisco's Black and marginalized communities through education, advocacy, and by providing holistic health and wellness services in a culturally-affirming environment. We affirm an informed, educated, healed, resilient, happy, united, productive, committed, respectful, empowered, mobilized and engaged community where life is valued and the diversity of the African Diaspora is celebrated. We look forward to your participation in our offerings this year. Support our health and wellness movement and bring a friend.



JANUARY

- 3 (W) 12 pm Real Talk
- 4 (Th) 5:00 pm Community Meditation
- 4 (Th) 5:30 pm Healthy Hearts
- 6 (S) 9:00 am First Saturday Health Party
- 6 (S) 9:30 am Cardio Soul
- 10 (W) 12 pm Real Talk
- 11 (Th) 5:30 pm Healthy Hearts
- 11 (Th) 6:30 pm Eat Well, Live Well
- 13 (S) 9:30 am Cardio Soul
- 13 (S) 11:00 am Qigong Intensive
- 17 (W) 12 pm Real Talk
- 18 (Th) 5:30 pm Healthy Hearts
- 18 (Th) 6:30 pm Eat Well, Live Well
- 20 (S) 9:30 am Cardio Soul
- 24 (W) 12 pm Real Talk
- 25 (Th) 5:00 pm Community Meditation
- 25 (Th) 5:30 pm Healthy Hearts
- 27 (S) 9:30 am Cardio Soul
- 31 (W) 12 pm Real Talk

FEBRUARY

- 1 (Th) 5:00 pm Community Meditation
- 1 (Th) 5:30 pm Line Dancing
- 3 (S) 9:00 am First Saturday Health Party
- 3 (S) 9:30 am Cardio Soul
- 7 (W) 12 pm Real Talk
- 8 (Th) 5:30 pm Line Dancing
- 8 (Th) 6:30 pm Eat Well, Live Well
- 10 (S) 9:30 am Cardio Soul
- 10 (S) 11:00 am Qigong Intensive
- 14 (W) 12 pm Real Talk
- 15 (Th) 5:30 pm Line Dancing
- 15 (Th) 6:30 pm Eat Well, Live Well
- 17 (S) 10:30 am Hiking*
- 17 (S) 9:30 am Cardio Soul
- 21 (W) 12 pm Real Talk
- 22 (Th) 5:00 pm Community Meditation
- 22 (Th) 5:30 pm Line Dancing
- 24 (S) 9:30 am Cardio Soul
- 26 (M) 5:00 pm Film Screening
- 28 (2) 12 pm Real Talk

MARCH

- 1 (Th) 5:00 pm Invigorating Yoga
- 1 (Th) 6:30 pm Qigong
- 3 (S) 9:00 am First Saturday Health Party
- 3 (S) 9:30 am Strength Training
- 6 (T) 5:00 pm Community Meditation
- 6 (T) 5:30 pm Line Dancing
- 7 (W) 12 pm Real Talk
- 8 (Th) 5:00 pm Invigorating Yoga
- 8 (Th) 6:30 pm Qigong
- 10 (S) 9:00 am Hiking*
- 10 (S) 9:30 am Strength Training
- 13 (T) 5:30 pm Line Dancing
- 13 (T) 6:30 pm Eat Well, Live Well
- 14 (W) 12 pm Real Talk
- 15 (Th) 5:00 pm Invigorating Yoga
- 15 (Th) 6:30 pm Qigong
- 17 (S) 9:30 am Strength Training
- 20 (T) 5:30 pm Line Dancing
- 20 (T) 6:30 pm Eat Well, Live Well
- 21 (W) 12 pm Real Talk
- 22 (Th) 5:00 pm Art and Healing
- 22 (Th) 6:30 pm Qigong
- 24 (S) 9:30 am Strength Training
- 27 (T) 5:00 pm Community Meditation
- 27 (T) 5:30 pm Line Dancing
- 27 (T) 6:30 pm L.I.F.T.
- 28 (W) 12 pm Real Talk
- 29 (Th) 5:00 pm Invigorating Yoga
- 29 (Th) 6:30 pm Qigong
- 31 (S) 9:30 am Strength Training

All of the events are FREE and held at
Rafiki Wellness Center unless otherwise noted.

601 Cesar Chavez St. (between 3rd St. and Pier 80), SF, CA 94124

For more info:

www.rafikicoalition.org | 415.615.9945 x101 | jharris@rafikicoalition.org

* These events are not being held at Rafiki Wellness Center. **Feb 17** Hiking will be at Land's End. | **March 10** Hiking will be at a Peninsula location TBA.

Exercise, Nutrition and Wellness

For more information, contact Julie Harris by calling 415.615.9945, ext. 101, or email jharris@rafikicoalition.org.

Art and Healing with Arianna Wheat

The continuation of the series will provide an opportunity for healing and personal expression using drama therapy and collective support.
March 22 | 5:00 pm – 6:30 pm

Cardio Soul and Strength Training with Tiffany

Active movement for men and women to gain body strength and move vigorously to soulful music.
January 6, 13, 20, 27; February 3, 10, 17, 24
9:30 am – 10:30 am

Community Meditation

January 4, 25; February 1, 22; March 6, 27
5:00 pm - 5:20 pm

Eat Well, Live Well: Healthy Food Demonstration

January 11, 18; February 8, 15; March 13, 20
6:30 pm – 7:30 pm

First Saturday Health Party

Come join us for our complementary medicine services, movement sessions, food demos, lunch and table talks.
January 6, February 3, March 3 | 9 am – 12 pm

Healthy Hearts with Bontlé

Energizing movements and sequences with a little Zumba twist.
January 4, 11, 18, 25 | 5:30 pm – 6:30 pm

Invigorating Yoga with Armando Luna

Stretching and strength building movements that provide therapeutic benefits to revitalize your body.
March 1, 8, 15, 29 | 5:00 pm – 6:00 pm

L.I.F.T. – Beyond Self-Determination with Janine Greer

The continuation of the series will provide an opportunity for community support, camaraderie and healing, taking place in a safe circle as we continue discussions on self-determination, mutual support, ancestral strength and fortifying ourselves and our community.
March 27 | 6:30 pm – 8:30 pm

Line Dancing with Ramona Pam

Join us for a fun and soulful workout.
February 1, 8, 15, 22; March 6, 13, 20, 27
5:30 pm – 6:30 pm

Qigong with David Wei – I'm strong 'cause I do Qigong

Qigong, often referred to as Chinese Yoga, is a traditional wellness system designed to optimize one's entire being - physical, mental, emotional, and spiritual. The movements are martial in nature, however, they are not intended to fight others, and instead they are used to fight off the true killers of our community—cancer, heart disease, and diabetes.

Intensive, addressing circulatory system

January 13 | 11:00 am – 2:00 pm

Intensive, addressing pain management

February 10 | 11:00 am – 2:00 pm

Condensed modules

March 1, 8, 15, 22, 29 | 6:30 pm – 7:30 pm

Strength Training with Toussaint

Active movement for men and women to gain body strength and move with flexibility and power!
March 3, 10, 17, 24, 31 | 9:30 am – 10:30 am

Complementary Medicine Clinic

Acupuncture

Mon.: 10 am – 4 pm
Tue. and Wed.: 10 am – 6 pm
(closed for lunch 1:15 pm – 2:15 pm)

Massage Therapy

Monday: 10 am – 4 pm
Tue. and Wed. 10 am – 1 pm
Thurs.: 10 am – 4 pm
Fri.: 10 am – 4 pm

HOLD THE DATE!

Our 11th Annual Black Health and Healing Summit

June 1 – June 2, 2018

Mental Health and Health Promotion

Building and Maintaining Your Wealth; Real Estate, Wills and Probate

A Community Voices Forum with Rebba Middleton and Zakiya Norton.
January 6 | 11:00 am – 12:30 pm

Out-Migration of African Americans from San Francisco, Part 4: A Community Voices Forum with Brandi Mack

February 3 | 11:00 am – 12:30 pm

Ready SF – Emergency Preparedness

A Community Voices Forum with Anietie Ekanem.
March 3 | 11:00 am – 12:30 pm

Black Coalition on AIDS

Real Talk Support Group – HIV Health Education & Prevention

Every Wednesday, January – March
12 pm – 2 pm



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