



Calendar

APRIL – JUNE 2018

Exercise • Nutrition • Health Screening • Complementary Medicine • Education



Kele, Traditional and Creative Percussionist

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.

APRIL

- 3 (T) 5:00 pm Community Meditation
- 3 (T) 5:30 pm Healthy Hearts
- 3 (T) 6:30 pm L.I.F.T.
- 4 (W) 12:00 pm Real Talk
- 5 (Th) 5:00 pm Yoga
- 5 (Th) 6:30 pm Qigong
- 7 (S) 9:00 am First Saturday Health Party*
- 7 (S) 11:00 am Community Voices
- 10 (T) 5:30 pm Healthy Hearts
- 10 (T) 6:30 pm Eat Well, Live Well
- 11 (W) 12:00 pm Real Talk
- 12 (Th) 5:00 pm Yoga
- 12 (Th) 6:30 pm Qigong
- 14 (S) 9:30 am Tai Chi
- 13 (S) 11:00 am Qigong Intensive
- 17 (T) 5:30 pm Healthy Hearts
- 17 (T) 6:30 pm Eat Well, Live Well
- 18 (W) 12:00 pm Real Talk
- 19 (Th) 5:00 pm Yoga
- 19 (Th) 6:30 pm Qigong
- 21 (S) 9:30 am Tai Chi
- 21 (S) 10:00 am Bike Ride
- 23 (M) 5:00 pm Community Meditation
- 24 (T) 5:30 pm Healthy Hearts
- 24 (T) 6:30 pm L.I.F.T.
- 25 (W) 12:00 pm Real Talk
- 26 (Th) 5:00 pm Art and Healing
- 26 (Th) 6:30 pm Qigong
- 27 (F) 10:00 am Land's End Hike
- 28 (S) 9:30 am Tai Chi

MAY

- 1 (T) 5:00 pm Community Meditation
- 1 (T) 5:30 pm Healthy Hearts
- 1 (T) 6:30 pm L.I.F.T.
- 2 (W) 12:00 pm Real Talk
- 3 (Th) 5:00 pm Invigorating Yoga
- 3 (Th) 6:30 pm Qigong
- 5 (S) 9:00 am First Saturday Health Party
- 5 (S) 9:30 am Strength Training
- 5 (S) 11:00 am Community Voices
- 8 (Th) 6:30 pm Eat Well, Live Well
- 8 (T) 5:30 pm Healthy Hearts
- 9 (W) 12:00 pm Real Talk
- 10 (Th) 5:00 pm Invigorating Yoga
- 10 (Th) 6:30 pm Qigong
- 12 (S) 9:30 am Strength Training
- 15 (T) 5:30 pm Healthy Hearts
- 15 (T) 6:30 pm Eat Well, Live Well
- 16 (W) 12:00 pm Real Talk
- 17 (Th) 5:00 pm L.I.F.T.
- 17 (Th) 6:30 pm Qigong
- 19 (S) 9:30 am Strength Training
- 21 (M) 5:00 pm Community Meditation
- 22 (T) 5:00 pm Art and Healing
- 22 (T) 7:00 pm Passport Graduation
- 23 (W) 12:00 pm Real Talk
- 24 (Th) 5:00 pm Invigorating Yoga
- 24 (Th) 6:30 pm Qigong
- 26 (S) 9:30 am Strength Training
- 30 (W) 12:00 pm Real Talk
- 31 (Th) 5:00 pm Yoga
- 31 (Th) 6:30 pm Qigong

JUNE

- 1 (F) 9:00 am Health & Healing Summit
- 2 (S) 9:00 am Health & Healing Summit
- 9 (S) 9:30 am Cardio Soul
- 12 (T) 5:00 pm Community Meditation
- 14 (Th) 5:00 pm Invigorating Yoga
- 14 (Th) 6:30 pm Qigong
- 16 (S) 9:30 am Cardio Soul
- 21 (Th) 5:00 pm Invigorating Yoga
- 21 (Th) 6:30 pm Qigong
- 23 (S) 9:30 am Cardio Soul
- 28 (Th) 5:00 pm Invigorating Yoga
- 28 (Th) 6:30 pm Qigong
- 30 (S) 9:30 am Cardio Soul

All of the events are FREE

and held at

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

(unless otherwise noted)

For more info:

www.rafikicoalition.org

415.615.9945 x101

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* April 7 event will be held at Missionary Temple CME Church, 1455 Golden Gate Ave., SF

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 Sekayi Edwards and Kele Nitoto

The continuation of the series that will provide the opportunity for healing and personal expression using African drumming.
April 26, May 22 | 5:00 pm – 6:30 pm

Community Meditation

April 3, 23; May 1, 21; June 12
5:00 pm – 5:20 pm

Eat Well, Live Well: Healthy Food Demonstration

April 10 with Chef Hunia | 6:30 pm – 7:30 pm
April 17 with Chef Kana | 6:30 pm – 7:30 pm
May 8 with Chef Kevin | 6:30 pm – 7:30 pm
May 15 with Chef Billy | 6:30 pm – 7:30 pm

First Saturday Health Party

Join us for complementary medicine services, movement session, food and nutrition demonstration, and community discussion.
April 7, May 5 | 9:00 am – 12:00 pm

Healthy Hearts with Bontlé

Energizing movements and sequences with a Zumba twist!
April 3, 10, 17, 24; May 1, 8, 15
5:30 pm - 6:30 pm

Invigorating Yoga with Armando Luna

Stretching and strength building movements that provide therapeutic benefits! All are welcome and encouraged to come and bring the men in our lives to participate in this healing and strengthening practice.
May 3, 10, 17, 24 | 5:00 pm – 6:00 pm
May 31 with Afi Ayanna | 5:00 pm – 6:00 pm
June 14, 21, 28 | 5:00 pm – 6:00 pm

Kugichagulia! 90 Day Passport Graduation

May 22 Hosted by Ty and Julie
7:00 pm – 8:00 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.

April 24, May 1 | 6:30 pm – 8:00 pm
May 17 | 5:00 pm – 6:30 pm

Qigong with David Wei

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; instead they are used to fight off the true killers of our community - cancer, heart disease, and diabetes. Sessions will focus on Circulation addressing Diabetes, Hypertension, Running cold including numbness and tingling.

April 5, 12, 19, 26 | 6:30 pm – 7:30 pm

Qigong with David Wei: I'm Strong 'cause I do Qigong

May 3, 10, 17, 24, 31; June 14, 21, 28
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!

May 5, 12, 19, 26; June 9, 16, 23, 30
9:30 am - 10:30 am

Tai Chi with Zochi

A gentle form of movement that promotes stress reduction, coordination, balance and other health benefits.

April 14, 21, 28 | 9:30 am – 10:30 am



Film Screenings

Twenty Feet from Stardom
April 23 | 6 pm

Girls Trip
May 21 | 6 pm

Community Voices

Proposition P and Medicare: Key Issues of Interest to Our Community
April 7 | 11 am – 12:30 pm

Flavored Tobacco: Youth CAM Leaders Report on Survey Findings
May 5 | 11 am – 12:30 pm

Complementary Medicine Clinic

Acupuncture

Mon: 10 am – 4 pm
Tue and Wed: 10 am – 6 pm
Thu: 10 am – 6 pm

Massage Therapy

Mon: 10 am – 6 pm
Tue, Wed and Thu: 10 am – 1 pm



All 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

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