



Rafiki
COALITION

Calendar

JULY – SEPTEMBER 2018

Exercise • Nutrition • Health Screening • Complementary Medicine • Education

A summer health and wellness menu just for 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. Don't let summer pass you by. Support our health and wellness movement and bring a friend.



A recent pop-up event hosted by Rafiki and community partners.

JULY

- 5 (Th) 5:00 pm Community Meditation
- 5 (Th) 5:30 pm Therapeutic Yoga
- 7 (S) 9:30 am Strength Training
- 11 (W) 12:00 pm Real Talk
- 12 (Th) 5:30 pm Therapeutic Yoga
- 14 (S) 9:30 am Strength Training
- 18 (W) 12:00 pm Real Talk
- 19 (Th) 5:30 pm Therapeutic Yoga
- 21 (S) 9:30 am Strength Training
- 21 (S) 11 am Qigong Intensive
- 25 (W) 12:00 pm Real Talk
- 26 (Th) 5:30 pm Therapeutic Yoga
- 28 (S) 9:30 am Strength Training

AUGUST

- 1 (W) 12:00 pm Real Talk
- 2 (Th) 5:00 pm Community Meditation
- 2 (Th) 5:30 pm Tai Chi
- 4 (S) 9:30 am Soul Yoga
- 8 (W) 12:00 pm Real Talk
- 9 (Th) 5:00 pm Tai Chi
- 11 (S) 9:30 am Haitian Dance
- 15 (W) 12:00 pm Real Talk
- 16 (Th) 5:30 pm Tai Chi
- 18 (S) 9:30 am Soul Yoga
- 18 (S) 11:00 am Qigong Intensive
- 22 (W) 12:00 pm Real Talk
- 23 (Th) 5:30 pm Tai Chi
- 25 (S) 9:30 am Haitian Dance
- 29 (W) 12:00 pm Real Talk

SEPTEMBER

- 5 (W) 12:00 pm Real Talk
- 6 (Th) 5:00 pm Community Meditation
- 6 (Th) 5:30 pm Rhythmic Stretch Movement
- 8 (S) 8:45 am First Saturday Health Party
- 10 (M) 2:00 pm Healing Circle
- 12 (W) 12:00 pm Real Talk
- 13 (Th) 5:30 pm Rhythmic Stretch Movement
- 15 (S) 9:30 am Healthy Hearts
- 15 (S) 11:00 am Qigong Intensive
- 19 (W) 12:00 pm Real Talk
- 20 (Th) 5:30 pm Rhythmic Stretch Movement
- 22 (S) 9:30 am Healthy Hearts
- 25 (T) 5:30 pm Passport Orientation
- 26 (W) 12:00 pm Real Talk
- 26 (W) 5:30 pm Rafiki Movie Night
- 27 (Th) 5:30 pm Rhythmic Stretch Movement
- 27 (Th) 6:30 pm Passport Orientation
- 29 (S) 9:30 am Healthy Hearts

All of the events are Free and held at

Rafiki Wellness Center

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

For more info:

www.rafikicoalition.org | 415.615.9945 x102 | aalves@rafikicoalition.org



Exercise, Nutrition and Wellness

For more information, contact Antonisha Alves by calling 415.615.9945, ext 102, or email aalves@rafikicoalition.org.

Afro-Haitian Dance with Shawn Merriman-Roberts

Deeply connected to Haitian music, the dance of Haiti is filled with community, emotion, spirit, and history, mixing African styles with cultural traditions. Class includes live drumming.

August 11, 25 | 9:30 am – 10:30 am

Community Meditation

Rejuvenating time to be still and relax with fellow community members

July 5; August 2; Sept. 6 | 5:00 pm – 5:20 pm

Heal Yourself Naturally (a three part training intensive)

Good Circulation Good Health

This foundation course introduces a variety of methods to improve overall circulation of all vital fluids throughout the entire body to provide participants with access to lasting health and wellness.

July 21 | 11:00 am – 2:00 pm

Long Tendons Long Life

The Chinese have a classic idiom, “Add an inch to your tendons, add ten years to your life.”

Loose and limber arms and legs lend to an active vital lifestyle. This course will focus on healthy mobility and flexibility.

August 18 | 11:00 am – 2:00 pm

Healthy Body Healthy Mind

Traditional Chinese medicine has a holistic view of the body and recognizes the totality of one's being: mental, physical, emotional, and spiritual. This final course intends to carve a practical and accessible path to continued self discovery for a lifetime of health and wellness.

September 15 | 11:00 am – 2:00 pm

Healing Circle

A community healing and restorative circle addressing grief, collective struggles and rejuvenating, supportive and uplifting practices. Facilitated by Dr. Monique LeSarre and Ty Blair.

September 10 | 2:00 pm – 4:00 pm

Healthy Hearts with Bontlé

Energizing movements and sequences with a little Zumba twist!

September 8, 15, 22, 29 | 9:30 am – 10:30 am

Passport Orientation

Register for the exhilarating 90-Day Passport for Your Health starting October 2! There will be over 60 exciting classes in nutrition, movement, art and healing, and more over the 90 days of health and healing for our bodies, minds and souls!

September 25 | 5:30 pm – 6:30 pm

September 27 | 6:30 pm – 7:30 pm

Qigong Intensives 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.

July 21 | 11:00 am – 2:00 pm

August 18 | 11:00 am – 2:00 pm

September 15 | 11:00 am – 2:00 pm

Rhythmic Stretch Movement with Kana Azhari

A 360 full body stretch via slow rhythmic movement and deep breathing, along with mat and chair work.

September 6, 13, 20, 27 | 5:30 pm to 6:30 pm

Soul Yoga with Elika

Aug 4, 18 | 9:30 am – 10:30 am

Strength Training with Toussaint

Active movement for men and women to gain body strength and move with flexibility and power!

July 7, 14, 21, 28 | 9:30 am – 10:30 am

Therapeutic Yoga with Afi-Ayanna

Stretching and strength building movements that provide therapeutic benefits! All are welcome and encouraged to come and participate in this healing and strengthening practice.

July 5, 12, 19 | 5:30 pm – 6:30 pm

July 26 | 5:30 pm – 6:30 pm (Travis Jackson, facilitator)

Backpack Giveaways and National Night Out (Rafiki at Community Events in San Francisco)

Mo' Magic Back Pack Giveaway

Ella Hill Hutch Community Center
1050 McAllister St. | August 4 | 10:00 am

Health Fair

Hertz Park, Hahn St. & Visitacion Ave.
August 4 | 11:00 am – 4:00 pm

National Night Out

Bayview Opera House, 4705 3rd Street
August 7 | 5:00 pm – 8:00 pm

Alice Griffith Backpack Giveaway

2600 Arelious Walker Drive
August 11 | 10:00 am

Sunnydale Backpack Giveaway

Sunnydale Community Center
1652 Sunnydale Ave. | August 16 | 11:00 am

BMAGIC Backpack Giveaway

NOW Hunters Point, 155 Jennings Street
August 18 | 11:00 – 3:00 pm

Film Screenings

A Wrinkle in Time

September 26 | 5:30 pm

Community Voices

AIDS Walk San Francisco

Golden Gate Park, Robin Williams Meadow
Info: maxine@rafikicoalition.org
July 15 | 9:30 am – 12 noon

Focus on Community Feedback

Facilitators: Community Health Needs Assessment (CHNA)
September 8 | 11:00 am – 12:30 pm

Complementary Medicine Clinic

(closed for lunch 1:15 pm – 2:15 pm)

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

Black Coalition on AIDS

Real Talk - HIV Health Education & Prevention

Every Wednesday, 12:00 pm- 2:00 pm



All events are FREE and held at **Rafiki Wellness Center** unless otherwise noted.
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For more info: www.rafikicoalition.org | 415.615.9945 x101 | jharris@rafikicoalition.org

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