



# Calendar

## OCTOBER – DECEMBER 2018

**Exercise • Nutrition • Health Screening • Complementary Medicine • Education**



### ***Achieve Your Personal Health Goals!***

**Rafiki’s Passport to Wellness Program®** and your journey to better health start on Tuesday, October 2 and culminate Thursday, December 20. The Program is crafted to support you in achieving your personal health goal(s) within 90 days. Over the 90 days we are offering over 70 free exercise, nutrition, restorative and health education classes to assist you in your continued journey toward wellness. The theme of this Passport series centers on the African concept of Imani, loosely translated to Faith. Faith/Imani will be an integral component woven into each aspect of this season’s Passport to Wellness Program®.

#### OCTOBER

- 2 (T) 4:45 pm: Community Meditation
- 2 (T) 5:30 pm: Art of the Hula
- 2 (T) 6:30 pm: L.I.F.T.
- 3 (W) 10:30 am: Qigong w/Marion
- 3 (W) 12:00 pm: Real Talk
- 4 (Th) 5:00 pm: Yoga
- 5 (Th) 6:30 pm: Qigong with David
- 6 (S) 8:45 am: First Saturday Health Party
- 9 (T) 5:30 pm: Art of the Hula
- 9 (T) 6:45 pm: Eat Well, Live Well
- 10 (W) 10:30 am: Qigong w/Marion
- 10 (W) 12:00 pm: Real Talk
- 11 (Th) 5:00 pm: Yoga
- 11 (Th) 6:30 pm: Qigong with David
- 12 (F) 10:00 am: Hike at Muir Woods
- 13 (S) 9:30 am: Strength Training w/ Toussaint
- 15 (M) 2:00 pm: Healing Circle
- 16 (T) 5:30 pm: Art of the Hula
- 16 (T) 6:45 pm: Eat Well, Live Well
- 17 (W) 10:30 am: Tai Chi
- 17 (W) 12:00 pm: Real Talk
- 18 (Th) 4:30 pm: Sound Healing (Art & Healing)
- 18 (Th) 6:30 pm: Qigong with David
- 19 (F) 1:00 pm: PTSS\* Circle Part 2
- 20 (S) 9:30 am: Strength Training w/ Toussaint
- 23 (T) 5:30 pm: Art of the Hula
- 24 (W) 10:30 am: Tai Chi
- 24 (W) 12:00 pm: Real Talk
- 25 (Th) 5:00 pm: Yoga
- 25 (Th) 6:30 pm: Qigong with David
- 26 (F) 1:00 pm: PTSS\* Circle Part 2
- 27 (S) 9:30 am: Strength Training w/ Toussaint
- 30 (T) 5:30 pm: Art of the Hula
- 31 (W) 10:30 am: Qigong w/Marion
- 31 (W) 12:00 pm: Real Talk

#### NOVEMBER

- 1 (Th) 5:30 pm: Vinyasa Flow Yoga
- 1 (Th) 6:30 pm: Qigong with David
- 2 (F) 1:00 pm: PTSS Circle Part 2
- 3 (S) 9 am: First Saturday Health Party
- 6 (T) 4:45 pm: Community Meditation
- 6 (T) 5:30 pm: Line Dancing
- 7 (W) 12:00 pm: Real Talk
- 8 (Th) 5:30 pm: Vinyasa Flow Yoga
- 8 (Th) 6:30 pm: Qigong with David
- 10 (S) 9:30 am: Resultz Health and Fitness
- 12 (M) 2:00 pm: Healing Circle
- 13 (T) 5:30 pm: Line Dancing
- 13 (T) 6:45 pm: Eat Well, Live Well
- 14 (W) 10:30 am: Restorative Yoga
- 14 (W) 12:00 pm: Real Talk
- 15 (Th) 12 Noon – 2 pm: Rafiki Holiday Party
- 15 (Th) 5:00 pm: Vinyasa Flow Yoga
- 15 (Th) 6:30 pm: Qigong with David
- 16 (F) 1:00 pm: PTSS\* Circle Part 2
- 17 (S) 9:30 am: Resultz Health and Fitness
- 20 (T) 5:30 pm: Line Dancing
- 20 (T) 6:45 pm Eat Well, Live Well
- 27 (T) 5:30 pm: Line Dancing
- 27 (T) 6:30 pm: L.I.F.T.
- 28 (W) 10:30 am: Restorative Yoga
- 28 (W) 12:00 pm: Real Talk
- 29 (Th) 4:30 pm: Sound Healing (Art & Healing)
- 29 (Th) 6:30 pm: Qigong with David
- 30 (F) 1:00 pm: PTSS\* Circle Part 2

#### DECEMBER

- 1 (S) 8:45 am: First Saturday Health Party
- 4 (T) 4:45 pm: Community Meditation
- 4 (S) 5:30 pm: Healthy Hearts Movement
- 4 (T) 6:45 pm: Eat Well, Live Well
- 5 (W) 10:30 am: Restorative Yoga
- 5 (W) 12:00 pm: Real Talk
- 6 (Th) 5:00 pm: Vinyasa Flow Yoga
- 6 (Th) 6:30 pm: Qigong with David
- 8 (S) 9:30 am: Resultz Health and Fitness
- 10 (M) 2 pm: Healing Circle
- 11 (T) 5:30 pm: Healthy Hearts Movement
- 11 (T) 6:45 pm: Eat Well, Live Well
- 12 (W) 12:00 pm: Real Talk
- 13 (Th) 5:00 pm: Vinyasa Flow Yoga
- 13 (Th) 6:30 pm: Qigong with David
- 14 (F) 1:00 pm: PTSS\* Circle Part 2
- 17 (M) 5:30 pm: Rafiki Movie Night – “The Wiz”
- 18 (T) 5:30 pm: Healthy Hearts Movement
- 18 (S) 6:30 pm: LIFT
- 19 (W) 10:30 am: Restorative Yoga
- 19 (W) 12:00 pm: Real Talk
- 20 (Th) 4:30 pm: Sound Healing (Art & Healing)
- 20 (Th) 6:30 pm: Qigong with David
- 20 (Th) 7:30 pm Passport Graduation
- 21 (F) 1:00 pm: PTSS\* Circle Part 2

\* Post Traumatic Slave Syndrome

**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](http://www.rafikicoalition.org) | 415.615.9945 x102 | [aalves@rafikicoalition.org](mailto: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](mailto:aalves@rafikicoalition.org).

## **Art & Healing with Nekia Wright:**

This powerful sound series provides the opportunity for healing and personal expression using ancient sound and energy as a mode of healing and establishing inner calm and equilibrium. *October 18, November 29, December 20 | 4:30 pm – 6:00 p.m.*

## **Art of the Hula with Mahea Uchiyama:**

Graceful and culturally-rich movement to enrich both our souls and invigorate our bodies. *October 2, 9, 16, 23, 30 | 5:30 pm - 6:30 pm*

## **Community Meditation:**

Take some rejuvenating time to be still and relax with fellow community members! *October 2, November 6, December 4 | 4:45 pm – 5:15 p.m.*

## **Eat Well, Live Well:**

Healthy food demonstration. *October 9, 16; November 13, 20; December 4, 11 | 6:30 pm - 7:30 pm*

## **Graduation Day: Rafiki Passport to Wellness® :**

A celebration hosted by Antonisha and Ty. *December 20 | 7:30 pm – 9:00 pm*

## **Healing Circle:**

A community healing and restorative circle addressing grief, collective struggles and rejuvenating, supportive and uplifting practices facilitated by Dr. Monique and Ty. *October 15, November 12, December 10 2:00 pm – 4:30 pm*

## **Healthy Hearts with Bontlé:**

Energizing movements and sequences with a Zumba twist! *December 4, 11, 18 | 5:30 pm – 6:30 p.m.*

## **L.I.F.T. - Faith as a rejuvenating practice:**

A safe circle delving into deeper discussions on faith, self-determination, mutual support, ancestral strength and fortifying ourselves and each other. Sessions facilitated by Janine Greer. *October 2, November 27, December 18 | 6:30 pm – 8:00 pm.*

## **Line Dancing with Ramona Pam:**

Energizing and culturally rhythmic movements in synchronized formations with soulful music.: *November 6, 13, 20, 27 5:30 pm – 6:30 p.m.*

## **Post Traumatic Slave Syndrome Circles (PTSS) Part II:**

Our continued work with Dr. Joy DeGruy's extraordinary work on post traumatic slave syndrome. Sessions facilitated by Dr. Monique and Ty. *October 19, 26; November 16, 30; December 14, 21 1:00 pm – 3:30 pm*

## **Qigong with David Wei – I'm strong 'cause I do Qigong:**

Qigong movements are used to fight off the true killers of our community—cancer, heart disease, and diabetes. *October 4, 11, 18, 25; November 1, 8, 15, 29; December 6, 13, 20 | 6:30 pm – 7:30 pm*

## **Qigong with Marion Wei:**

The exercises mimic the actions of five animals—tiger, deer, bear, monkey and crane. Each one relates to one of the major internal organs. *October 3, 10, 31 | 10:30 am – 11:30 am*

## **Restorative Yoga with Elika:**

You will enjoy supported poses with bolsters/blankets, blocks and other props, along with conscious breathing, to create deep cradling of the body and encouraging healing and ease. *November 14, 28; December 5, 19 | 10:30 am – 11:30 am*

## **Resultz Health and Fitness with Tiffany Bell:**

An active movement and education class for men and women to gain body strength and more. *November 3, 10, 17; December 1, 9, 15 9:30 am – 11:00 am*

## **Strength Training with Toussaint:**

Active movement for men and women to gain body strength and move with flexibility and power. *October 13, 20, 27 | 9:30 am – 10:30 am*

## **Taichi with Zochi:**

A gentle form of movement that promotes stress reduction, coordination, and balance, as well as other health benefits. *October 17, 24 | 10:30 am – 11:30 am*

## **Therapeutic Yoga with Afi-Ayanna:**

Stretching and strength building movements that provide therapeutic benefits! *October 4, 11, 25 | 5:00 pm – 6:00 pm*

**Vinyasa Flow Yoga:** Participants coordinate movement with breath to flow from one pose to the next. The class includes stretching and strength building movements that provide therapeutic benefits.

*November 1, 8, 15 | 5:00 pm – 6:00 pm (w/ Travis Jackson); December 6, 13 | 5:00 pm – 6:00 pm (w/ Sam Sebastian)*

## **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*

## **Community Outreach and Engagement**

### **Community Voices: Community Health Needs Assessment.**

*October 6, 11:00 a.m.*

### **Hike in Muir Woods.**

*October 12, 10:00 a.m. - 3:00 p.m. Transportation and lunch provided.*

### **Hike in The Presidio.**

*October 27, 10:00 a.m. - 3:00 p.m. Transportation and lunch provided.*

### **Community Voices: Reflections on The Legacy Museum.**

*November 3, 11:00 a.m.*

### **Presidio Hike: Shinrin Yoku.**

Experience deep connection in the forest. *November 9, 10:00 a.m. – 2:30 p.m. Transportation and lunch provided.*

### **Community Voices: Health education topic TBD.**

*December 1, 11:00 a.m.*

### **The Health Benefits of Nature and Plants with Brandi Mack.**

*December 14, time TBD.*

### **Kwanzaa Celebration: Ujima, Collective Work and Responsibility.**

*December 28, 7:00 p.m. – 9 p.m. Co-hosted by Rafiki Coalition and Bayview YMCA.*



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