



# Calendar

## JANUARY–MARCH, 2020

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

### A New Year and New Decade of health and wellness for our vibrant and resilient community!

**Rafiki Coalition's mission** continues to be to eliminate inequalities in San Francisco's Black and marginalized communities through education, advocacy, creativity and loving kindness 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 living fully is valued and the diversity of the African Diaspora is celebrated. Start this New Year and **New Decade** with vitality and enthusiasm to be your healthiest. We more than invite you to be a part of our health and wellness movement and bring a friend, a family member and a new colleague. All are welcome at Rafiki.



#### JANUARY

- 8 (W) 10:30 am Restorative Yoga w/Elika
- 8 (W) 12:00 pm Real Talk
- 9 (Th) 5:30 pm: Qigong
- 11 (S) 8:45 am: First Saturday Health Party
- 15 (W) 10:30 am: Restorative Yoga with Elika
- 15 (W) 12:00 pm Real Talk
- 16 (Th) 5:30 pm: Qigong
- 18 (S) 9:30 am: ReSultz Fitness (Completion session)
- 22 (W) 10:30 am: Restorative Yoga w/Elika
- 22 (W) 12:00 pm Real Talk
- 23 (Th) 5:30 pm: Qigong
- 24 (F) 4:30 pm Bringing Nature Indoors w/ Brandi Mack
- 25 (S) 9:30 am: Healthy Hearts
- 29 (W) 10:30 am: Meditation with Elika
- 30 (Th) 5:30 pm: Qigong

#### FEBRUARY

- 1 (S) 8:45 am: First Saturday Health Party
- 4 (T) 4:45 pm: Community Meditation
- 5 (W) 10:30 am: Restorative Yoga
- 5 (W) 12:00 pm Real Talk
- 6 (Th) 5:30 pm: Qigong
- 8 (S) 9:30 am: ReSultz Fitness w/Tiffany (Completion)
- 10 (M) 2:00 pm: Healing Circle
- 12 (W) 10:30 am: Restorative Yoga w/Elika
- 12 (W) 12:00 pm Real Talk
- 13 (Th) 5:00 pm – Passport Registration
- 13 (Th) 5:30 pm: Qigong
- 14 (F) 4:30 pm: Bringing Nature Indoors w/ Brandi Mack
- 15 (S) 9:30 am: Resultz Fitness w/Tiffany (Completion)
- 18 (T) 5:00 pm – Passport Registration
- 18 (T) 6:00 to 8:00 pm Black History Month Event in Collaboration with the Bayview YMCA : Our Homes, Our Families, Our Food. We Will Not Be Moved! Panel discussion at Rafiki.
- 20 (W) 10:30 am: Restorative Yoga w/Elika
- 20 (W) 12:00 pm Real Talk
- 20 (Th) 5:00 pm: Passport Registration
- 20 (Th) 5:30 pm: Qigong
- 22 (S) 9:30 am: Strength Training & Nutrition w/Toussaint
- 25 (T) 5:00 pm – Passport Registration
- 26 (W) 10:30 am: Meditation with Elika
- 20 (W) 12:00 pm Real Talk
- 27 (Th) 4:00 pm Presentation from Deanna Dawson (Medical Student Intern) "Going Beyond Tuskegee"
- 27 (Th) 5:00 pm: Passport Registration
- 27 (Th) 5:30 pm: Qigong
- 29 (S) 9:30 am: Strength Training & Nutrition w/Toussaint

#### MARCH

- 3 (T) PASSPORT TO WELLNESS BEGINS!
- 3 (T) 4:45 pm: Community Meditation
- 3 (T) 5:30 pm: Line Dancing w/Ramona
- 3 (T) 6:30 pm: Art and Healing: Expressive Arts with Dr. Danielle
- 4 (W) 10:30 am: Restorative Yoga w/Elika
- 4 (W) 12:00 pm Real Talk
- 5 (Th) 5:00 pm: Strength Training & Nutrition w/Toussaint
- 5 (Th) 6:45 pm: Drumming Circle w/Kele
- 7 (S) 10:30 am: Block Party! Southeast Community Center Groundbreaking @ 1550 Evans Avenue
- 9 (M) 2 pm: Healing Circle
- 10 (T) 5:30 pm: Line Dancing w/Ramona
- 10 (T) 6:30 pm: Eat Well, Live Well
- 11 (W) 10:30 am: Restorative Yoga w/Elika
- 11 (W) 12:00 pm Real Talk
- 12 (Th) 5:30 pm: Qigong
- 12 (Th) 6:45 pm: Drumming Circle w/Kele
- 14 (S) 8:45 am: First Saturday Health Party
- 14 (S) 9:30 am: Afrobeats with Tiffany
- 17 (T) 5:30 pm: Line Dancing w/Ramona
- 17 (T) 6:30 pm: Eat Well, Live Well
- 18 (W) 10:30 am: Restorative Yoga w/Elika
- 18 (W) 12:00 pm Real Talk
- 19 (Th) 5:30 pm: Qigong
- 19 (Th) 6:45 pm: Drumming Circle w/Kele
- 21 (S) 9:30 am: Fitness with Tiffany
- 24 (T) 5:30 pm: Line Dancing w/Ramona
- 24 (T) 6:30 pm: LIFT
- 25 (W) 10:30 am: Meditation w/Elika
- 25 (W) 12:00 pm Real Talk
- 26 (Th) 5:30 pm: Qigong
- 26 (Th) 6:45 pm: Drumming Circle w/Kele
- 28 (S) 9:30 am: Fitness with Tiffany
- 31 (T) 5:30 pm: Line Dancing w/Ramona

**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)*

**More info:** 415.615.9945 x118  
www.rafikicoalition.org  
knitoto@rafikicoalition.org

# Exercise, Nutrition and Wellness

For more information contact Kele Nitoto by calling 415.615.9945 ext. 118 or emailing [knitoto@rafikicoalition.org](mailto:knitoto@rafikicoalition.org).

## **Art and Healing: Expressive Arts with Dr. Danielle Drake**

This powerful Expressive Arts series will provide the opportunity for healing and personal expression using creative arts as a mode of healing and therapy to establish inner calm and equilibrium.

March 3 (T) 6:30 – 8:00 pm

## **Bringing Nature Indoors: w/ Brandi Mack**

Come learn about how you can benefit from bringing nature indoors; learn about plants that clean the air. Make teas, tinctures and tonics from plants. Includes indoor exercise.

Jan 24 & Feb 14 Fridays; 4:30 – 6:30 pm

## **Community Meditation**

Rejuvenating time to be still and relax with fellow community members

February 4 (T); 4:45 pm

March 3 (T); 4:45 pm

## **Drumming Circle w/Kele**

Culturally exhilarating drumming and singing. Practicing and reveling in rhythms familiar and new in community circle.

March 5, 12, 19, & 26; (Th) 6:45 pm

## **Eat Well, Live Well**

Healthy food demonstration.

March 10 & 17; (T) 6:30 pm - 7:30 pm

## **Fitness with Tiffany**

Active movement and education for men and women to gain body strength and more. Tiffany's focus is to prepare our minds and bodies for continued good health and fitness.

Jan 18 & Feb 8, March 14, 21, and 28;

Saturdays 9:30 a.m.

## **Healing Circle**

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

February 10, and March 9;

(M) 2:00 pm – 4:30 PM



## **Healthy Hearts with Bontlé**

Energizing movements and sequences with a little Zumba twist!

January 11, 25 & February 1; (S) 9:30 am

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

This series will provide the opportunity for community support, camaraderie and healing to take place in a safe circle as we delve even deeper in discussions on Faith, self – determination, mutual support, ancestral strength and the fortifying of ourselves and each other.

March 24 Tuesday evening 6:30 – 8:00 PM.

facilitated by Janine Greer

## **Line Dancing with Ramona Pam**

Rhythmic and invigorating movement with soulful music and coordinated movement as a group. March 3, 10, 17, 24 and 31 (T) 5:30 – 6:30 p.m.

## **Meditation with Elika**

Rejuvenating time to be still and relax with fellow community members. Elika will lead us in both sitting and walking meditations on these Wednesday mornings. January 29, February 26, & March 25; (W) 10:30 am

## **Passport Registration**

Your opportunity to register for the exhilarating 90 Day Passport for your Health starting March 5! There will be over 70 exciting classes in nutrition, movement, art and healing and more over the 90 days of health and healing for our bodies, minds and souls! February 18 (T) 5:00 pm ; February 20 (Th) 5:00 pm ; February 27 (Th) 5:00 pm

## **Real Talk**

Invigorating discussions and more encompassing many topics including the realities of living with HIV in supportive and loving community.

Starting January 8th through Wednesdays in March. 12:00 Noon

## **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. Thursdays in January, February and March at 5:30 pm

## **Restorative Yoga with Elika**

Restorative Yoga is a perfect practice for everybody ~ and especially those who experience high amounts of stress, those with weekend immune systems, anyone healing an injury or experiencing a major transition. This is an amazing way to practice self-care, by restoring and renewing body, mind and spirit to cultivate greater harmony in all areas of your life. 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.

January 8, 15, & 22 February 5, 12, 20, March 4, 11, & 18; (W) 10:30 am

## **Complementary Medicine Clinic**

Closed for lunch 1:15 pm – 2:15 pm

### **Acupuncture**

Mon: 10 am – 4 pm

Tue, Wed and Thu: 10 am – 6 pm

### **Massage Therapy**

Mon, Tue, Wed and Thu: 10 am – 6 pm

# UMOJA

**SAVE THE DATES**

June 5 & 6, 2020

2020 Umoja themed

Rafiki Black Health and

Healing Summit



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