



WELCOME BACK TO WELLNESS



AT RAFIKI

Please check our many offerings at www.rafikicoalition.org or scan the QR code:



HEALTH AND WELLNESS EVENTS IN JANUARY 2024

JANUARY

- 8 (M) 5:30 pm: Hatha Yoga Class
- 12 (F) 11:00 am: Cooking Matters Class
- 15 **Martin Luther King Jr. Day**
- Office Closed -
- 19 (F) 11:00 am: Cooking Matters Class
- 20 (Sat) 11:00 am: Sound Healing, Meditation & Yoga Class
- 22 (M) 5:30 pm: Hatha Yoga Class
- 26 (F) 11:00 am: Cooking Matters Class
- 27 (Sat) 11:00 am: Sound Healing, Meditation & Yoga Class
- 29 (M) 5:30 pm: Hatha Yoga Class
- 30 (Tues) 3 pm: Street Sounds x Rafiki: Performing Arts for the Soul

Hatha Yoga with Chanda



Mondays, 1/8, 1/22, 1/29, 2/5, 2/12, 2/26 (5:30-6:30 pm)
In-person at RAFIKI : 601 Cesar Chavez, SF, CA, 94124
Info: maxine@rafikicoalition.org - 415 615 9945 x 104

Cooking Matters with 18 Reasons



6 Week hands on & nutritious Cooking Class for Adults
(11 AM - 1 PM) Fridays: 1/12, 1/19, 1/26, 2/02, 2/09, 2/16
At RAFIKI : 601 Cesar Chavez St., SF CA 94124
Info: maxine@rafikicoalition.org - 415 615 9945 x 104

Sound Healing, Meditation, and Yoga w/ Tajae



Sound Healing provided by Street Sounds
Time: (11AM- 12PM) Saturdays, 1/20, 1/27, 2/03, 2/10, 2/17, 2/24
At RAFIKI: 601 Cesar Chavez St., SF CA 94124
Info: maxine@rafikicoalition.org - 415 615 9945 x 104

Street Sounds: Performing Arts for the Soul



Music & Art After School Program for 1st - 8th Graders!
(3 - 6 PM) Tuesdays & Thursdays starting January 30th - April 4th
At RAFIKI: 601 Cesar Chavez St., SF CA 94124
Register with Christopher Street at streetsoundsproductions@gmail.com

All events are FREE

For more information on our programs visit www.rafikicoalition.org

Exercise - Nutrition - Health Screening - Complementary Medicine - Mental Healthcare - Education

MENTAL HEALTH CARE AND WELLNESS AT RAFIKI

We are excited to offer FREE Mental Health Services to children, adults, and families.

Our team provides interdisciplinary modalities of therapy and counseling designed to educate and equip our clients with the tools necessary to maintain mental wellbeing.

**For information please contact Chelsea,
our Mental Health Navigator at cstewart@rafikicoalition.org
415 615 9945 ext. 108**



Complementary Medicine Clinic

**No Walk Ins Accepted
Appointments Only
Please Call (415) 615 9945 Ext. 107
during Clinic hours
Closed for lunch daily 1 pm - 2 pm**



**Rafiki Coalition for Health and Wellness
601 Cesar Chavez St., SF CA 94124
www.rafikicoalition.org**

CHAD LANPHER LICENSED ACUPUNCTURIST

TUESDAY-THURSDAY
11AM-6PM

DR. MARSHEA EVANS LICENSED CHIROPRACTOR

TUESDAY-WEDNESDAY
11AM - 6PM

MASSAGE THERAPISTS

FATEAMA MORRIS
MONDAY-TUESDAY-WEDNESDAY

2nd & 4th THURSDAY
11AM- 6PM

EKAETE INYANG
TUESDAY 2:30-6PM
WEDNESDAY-THURSDAY
2PM-6PM