



WORKING ON WELLNESS UPDATES

CELEBRATING DÍA DE LOS MUERTOS AT SFGH

Many religious and spiritual traditions recognize this time of year as a time to remember those who have died. In the Mission District, many of our neighbors will honor those who have died through the spiritual and cultural tradition of Día de los Muertos.



On **November 2nd**, join your fellow staff **in the Prayer and Meditation room** to honor and remember those who have died. Visit anytime between 6:30am to 1:00pm to light a candle, add a flower or add a name or initials to the altar to honor patients and loved ones, or just come by to see the altar and take a moment to reflect on the losses that you have encountered in the last year. Email claire.bohman@sfdph.org if you have pictures that would like to add to the altar.

VISIT THE RAFIKI WELLNESS CENTER



Rafiki
COALITION

The Rafiki Wellness Center, our partner in the District 10 Wellness Collaborative, continues to offer regular exercise and wellness classes such as Afro Hip Hop, Jammin' to the Oldies, Soul Line Dancing, Rafiki Garden Project, Art and Healing and more! For a full list of classes and events, [visit www.rafikicoalition.org](http://www.rafikicoalition.org). Check out their upcoming **1st Saturday Health Party on November 7th** beginning at 9:00AM which will be hosted at the IT Bookman Community Center. The Rafiki Center is located at 601 Cesar Chavez Street, near 3rd Street.

CONTACT US

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We're on the WEBI
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FOOD FOR THOUGHT

“Start by doing what’s necessary, then do what’s possible and suddenly you’re doing the impossible “