

BCA / RAFIKI WELLNESS PRESENTS

# FIRST SATURDAY

*for Your Health*

*A neighborhood health party that's good  
for your Mind, Body and Soul*

**SATURDAY, JANUARY 7, 2012**  
**BCA – 2800 Third Street @24th, SF, CA 94107**

#### THE MORNING'S SCHEDULE

- 9:00 -11:00 **C.A.M. (Complementary Alternative Medicine):** Features Massage, Chiropractic, and Acupuncture services.
- 9:30-10:30 **ZUMBA™:** Party your way to good health with Afro-Latin rhythms in this fun dance fitness class. No dance experience required.
- 10:30-11:00 **COOKING 4 LIFE!:** Chef Kevin Tucker will prepare healthy soul food dishes to satisfy the body and soul.
- 11:00 **LUNCH & TABLE TALK:** Engage in conversation focused on better health with members from the African American Community Health Equity Council.

*The next "First Saturday" health party is February 4, 2012.*



**Limited Space**  
**FOR MORE INFORMATION:**  
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