



BLACK INFANT HEALTH IMPROVEMENT PROJECT



Healthy Babies and Healthy Families Begin With Us!

Friday, June 13, 2008 — 3:00 PM to 8:00 PM

Black Infant Health Improvement Program

1290 Fillmore @ Eddy • San Francisco, California 94115

415.776.4457

-
- 3:00 PM** ★ Learn *Yoga and Meditation Techniques*
with Master Herbalist Charlene Muhammad
(Pre-registration required. Bring a large towel or yoga mat. Dress comfortably)
 - 5:00 PM** ★ Learn Keys to *Soothe Your Soul*
with “*Comfort and Joy*” author Colette Lafia
 - 7:00 PM** ★ Keynote: *Sisters First!* Black Women Committed
to Self-Love and Healthy Living
Dr. Lasha Pierce, OB-GYN, Interim Director
of Maternal Child Health Alameda County

Goody Bags • Books • Massage • Make-overs • Refreshments • Joy!

Sponsored by: San Francisco Department of Public Health, Planned Parenthood Golden Gate,
Black Infant Health Improvement Project and The California Department of Public Health

RSVP by June 6, 2008

Email: bih.events@yahoo.com/Phone: 415.776.4457/FAX: 415.776.4453

____ Yes, I will attend the Yoga and Meditation Class

Name: _____

Address _____ City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Cell Phone: _____ I need Childwatch: Yes _____ No _____

of Children: _____ Ages of Children: _____