

On July 10th you're invited to a free event

No Regrets

*Black Women Addressing Our Own
Health and Wellness*

"Respect My Mind"

*Where: Bayview Opera House
4705 3rd Street
San Francisco, CA 94124*

*When: Saturday, July 10, 2010
3 p.m. - 6 p.m.*

**A light lunch will be served.*



Come discuss with us, in a talk-show format, domestic violence, stress, HIV/STDs, and sexual health and its impact on well-being.

Come for the following free services: HIV testing, yoga and other stress reduction techniques.

Arrive early for your chance to win these prizes: mani/pedi gift certificates, Safeway and Target gift cards.

**Activities will be made available for children.*

Live your life with no regrets!



For more details, contact Melinda Pierson at 415-615-9945, ext. 118, or mpierson@bcoa.org. Please RSVP.



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San Francisco Chapter

Bayview Hunters Point District 10
"Health and Wellness Program"



Also supported by



2800 3rd Street
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