

TLC: Massage, Acupuncture, Foot care

(Updated 3/11/14 please contact Terry Morris tmorris@sfaf.org with corrections/suggestions)

Monday

ACUPUNCTURE American college of traditional Chinese Medicine- 555 De Haro St, Room G,
415-282-9603 www.actcm.edu.com

Mon-Thurs, call for hours, Drop-in Acupuncture, Free, Donations accepted.

ACUPUNCTURE San Francisco Community Acupuncture- 220 Valencia (@ Duboce), #415-675-8973

Daily, Drop-in acupuncture, Sliding scale from \$10.00 (for SFAF clients)-\$45.00

www.missionsfca.com

Footcare Street Outreach Services

Street Outreach Services (SOS) is the mobile outreach component of SFCCC's Health Care for the Homeless (HCH) program. Since 1988, SOS has provided high quality, non-judgmental health services directly to homeless people in places where they live and congregate. The main goal of SOS is to connect people to primary health care. Traveling in a medical van to sites throughout San Francisco, the dedicated SOS team of doctors, nurses, outreach workers, and volunteers creates "clinics without walls" at soup kitchens, on city streets, and in parks. SOS also provides its services at San Francisco's Project Homeless Connect events.

Monday Afternoons 1:45PM to 4:15PM Van Route: Casto/Haight

First stop: Stanyan/Waller Streets Across from the McDonalds parking lot

Tuesday

MASSAGE Chair Massage at Magnet by Peter Pagliuca Tuesdays 1:30 - 4:30 PM 4122 18th Street @Castro
Peter has extensive experience working with clients from his varied multidisciplinary background, which include BSN RN since 1982 for 15 years with inpatient, homecare & research experience, Certified Health/Fitness Instructor with previous ACSM certification and approximately 900 hours of basic massage training which was completed in San Diego in 2001. Currently a California licensed Certified Massage Therapist working part-time on an out-call basis and volunteering to provide chair massage at Magnet on most Tuesdays from 1:30 to 4:30 PM.

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Tuesday Afternoons 1:45PM to 4:15PM

Van Route: China Basin First stop: Franklin Square Park at 17th St and Bryant St.

Wednesday

Acupuncture at Magnet with Michael Barrett, L. Ac.

Wednesdays, 3:30 - 5:30pm at Magnet 4122 18th street www.magnetsf.org Tune-up midweek with a stop in the window at Magnet for acupuncture with local favorite Michael Barrett. He'll put those needles anywhere he can, without your disrobing (a little, if you must). For more information on Micahel and his other services email aca_mike@netzero.net.

ACUPUNCTURE AND MASSAGE Wellness Wednesday: Harm Reduction Lounge with massage, acupuncture, counseling and individual stress reduction sessions.

A harm reduction and wellness lounge with for gay, bi and heteroflexible men.

Acupuncture AND massage every week. Come by between 2 and 4 and treat yourself to a little TLC: stress reduction, socializing, relaxation, good music, good snacks, and good company. This chill out spot is hosted by very fabulous volunteers. Needle exchange always available. www.tspsf.com

Come High, come low, come sober, come as you are. ☺

Every Wednesday 2PM-4PM 117 6th St. @ Mission (door on the left)

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ACUPUNCTURE For SPARC MEMBERS Quan Yin- 965 Mission St (bet 5th & 6th St), Suite 405, # 415-861-

4964 Wednesdays 3:15 – 5:15 PM Drop-in Acupuncture Clinic, sliding scale \$10- \$15, or \$5 **with a SPARC**

Membership www.quanyinhealingarts.com

TAI CHI 4 FREE

Every Wednesday 10-11AM and Thursday 4-5:45PM Glide Foundation, Taylor and Ellis 5th floor

Beginner tai-chi is ideal for anyone wishing to:

- build core body strength
- seek relief from stress
- manage chronic pain
- achieve health and vitality

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Wednesday Afternoons 2:00PM to 4:15PM Van Route: Bayview/Hunters Point
First stop: Southeast Health Center parking lot at Keith St. near Armstrong St.

Wednesday Evenings 5:30PM to 7:30PM YOUTH Suitcase Clinic: UFO 964 Market Street

Wednesday Evenings 5:30PM to 7:30PM Suitcase Clinic: Most Holy Redeemer Church
100 Diamond Street

FOOTCARE AT MSC South, 525 5TH ST. (at Bryant), 597-7960. 24-hr drop-in center, showers & supportive services available. Nurse practitioners on site: Monday 1:30-4:30pm; Tuesday 6-8pm; Thursday 9:30am-3pm, Thursday 6-8pm. **Foot clinic 1st & 3rd Wednesday of the month 7:30-9pm**
At all Resource Centers, you must have proof of a negative TB test. You'll be photo graphed & your finger image will be scanned into a computer (but saved only if you consent). They'll ask for your Social Security number, but you don't have to give it.

Thursday

MASSAGE [Massage/Healing Touch](#) at SF General Hospitals Wellness Center

In addition to offering biweekly chair massages in the wellness center, we also offer biweekly massage instruction, with San Francisco School of massage instructor, Frank Lopez. As an externship site with the National Holistic Institute, we will soon be offering hospital providers and staff free chair massages in their respective units. 11:00 AM Chair Massage (1st/3rd Thurs.)

ACUPUNCTURE Donation Based Drop-In Acupuncture Clinic at the Immune Enhancement Project 3450 16th Street (Between Church & Sanchez) Need a tune-up? We offer community based drop-in acupuncture sessions for a suggested donation of \$20-\$40. However, no one is turned away for lack of funds. Drop-In hours Thursday 1 to 3

ACUPUNCTURE/HEALING ARTS SERIES Every Thursday 6PM 1035 Market street, room 3D
Stonewall, PROP, & Speed Project clients are invited to this safe, supportive, non-judgmental space.
ACUPUNCTURE & ARTS GROUP with Jorge and John Hanig 1st & 3rd Thursdays (limited to 10 -15 people).
POWER OF NOW BOOK CLUB 2nd & 4th Thursdays (Can be attended at any time, at any chapter)
Acupuncture & Arts Group A drop-in acupuncture treatment lounge. Acupuncture can stimulate and move blocked energy resulting in the relief of many physical and emotional issues. Arts Group Express yourself while waiting for acupuncture using creative arts activities like drawing and painting- a new way to explore harm reduction led by John Hanig.
Book Club: "The Power of Now" Join Jeremy Prillwitz and Rick Andrews in a book club that will explore Eckhart Tolle's powerful guide for living in the present moment, challenging the mind's tendency toward negativity showing us how to turn suffering into peace. Through reading, sharing thoughts & simple meditations we will share what is always available to us- presence, now!

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Thursday Morning 9:45AM to 11:15AM Van Route: Mission
First stop: 24th Street BART Station at 24th Street and Mission.

Thursday Afternoon 12:30PM to 2:00PM Suitcase Clinic: Martin de Porres
225 Potrero Avenue

2nd Thursday of the Month 6:00PM to 8:00PM WOMEN ONLY at Ladies Night
Evenings Suitcase Clinic: Mission Neighborhood Resource Center 165 Capp Street (Women only)

Friday

MASSAGE Saint Vincent De Paul Wellness Center 1175 Howard Street

Fridays 2:00-4:00 Care Through Touch please call for an appointment 415-552-5561

ACCUPUNCTURE Quan Yin HIV PEP Drop-in Acupuncture with Support from SFAF and Misha Ruth Cohen Education Foundation We're excited to introduce Quan Yin HIV PEP (we call Patient Engagement Program "PEP" for short). Fridays, check-in 3:45-5:45pm No appointment needed Quan Yin 965 Mission Street, Suite 405 What's HIV Patient Engagement? Community-style Acupuncture & Patient Navigation services, provided on a drop-in basis. We support you on the right track to better health! Coupling acupuncture treatment with patient navigation sessions, we guide you through a gentle process to wellness that is accesible. Who's Eligible? All HIV positive patients and the community. Do you need to register? No, the HIV Patient Engagement Program operates on a drop-in basis. No appointment or pre-registration required. Patients are seen on a first-come, first-served basis. Just check-in between 3:45 and 5:45pm on a Friday. What's the cost? Low-income HIV clients: FREE (w/proof of diagnosis and Medi-Cal card). All other HIV clients: \$5 suggested donation (w/proof of diagnosis). Other Community Members: \$10-15 suggested donation. What to bring? Proof of HIV diagnosis from a medical doctor. Medi-Cal card (HIV clients only, if you have one) Other community members do not need to bring documentation.

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ACUPUNCTURE Haight Asbury Free Clinic- 1735 Mission (@ Duboce), #746-1967

Friday 12:00- 4:00 PM, Drop-in Acupuncture, Free

Monday 9:00- 11:30 AM, Acupuncture by appointment, sliding scale \$0- \$100

www.hafci.org

Saturday

FOOTCARE San Francisco CityTeam International 164 6th Street San Francisco, CA 94103

Phone: (415) 861-8688 Saturday Clinic: Every Saturday from 12-3 pm we serve an all-you-can-eat buffet, provide clothes, **foot washing**, and personal prayer to the homeless, needy, and poor of our neighborhood. Every other Saturday we provide medical access.

Podiatry Services at Tom Waddell Health Center

50 Lech Walesa (Ivy) Street San Francisco, CA. 415-355-7400

2nd and 3rd Saturdays by appointment (for Tom Waddell Patients) and walk ins are okay too, but it is recommended you arrive at 9AM because it's first come first served.

Low cost massage options:

Andrew Lesko, D.C.- 214 Valencia (@ Duboce), # 415-863-3101 Mon- Sat by appointment.

Chiropractic/Massage, First visit free, sliding scale after (whatever you can afford).

Circle Community Acupuncture- 1351 Harrison St (bet 9th & 10th st), # 415-864-1070

Daily by appointment, Massage, \$1.00 per minute. www.circleca.com

More foot care options:

Foot care/Podiatry services are available through Street Outreach Services at Project Homeless Connect

(1st come first served- they usually see about 30 people-early early is best)

Upcoming Project Homeless Connects at Bill Graham Auditorium: Friday July 27th 10AM-3PM

Wednesday October 24 10AM-3PM

Wednesday December 5th 10AM-3PM

San Francisco General Hospital (SFGH) - Podiatry Clinic

By appointment only, please get a referral from your primary care doc.

1001 Potrero Ave., 94110 415-206-8000 (General Information)

415-206-8265 (Podiatry Clinic - diabetics) 415-206-8271 (Orthopedic Foot Clinic)

415-206-8558 (Sliding Fee Eligibility Line) 24 hours daily (General Information)

M: 9am-12 (Podiatry Clinic - diabetics) W: 9am-12; Th: 1pm-5pm (Orthopedic Foot Clinic)

M-F: 7:30am-4pm (Sliding Fee Eligibility Line) Provides orthopedic foot and podiatry care including foot care for diabetics. Interpreter services available. Wheelchair accessible.

PODIATRY SERVICES ARE ALSO OFFERED AT



Visit <http://www.projecthomelessconnect.com/> for upcoming events.

LIST OF COMMUNITY PODIATRISTS Revised 08/02/11

*Services may change over time, please call clinic to verify information.

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| <p>TENDERLOIN NEIGHBORHOOD Patients with No Insurance, and under age 55 and who live in San Francisco St. Anthony's (Free Medical Clinic) Tues. pm, Wed. am, Thurs. am 105 Golden Gate Ave. SF Phone 415-241 8320 Dr. Mario Rizzo</p> | <p>CURRY SENIOR SERVICES Accepts Referrals for 55yrs or older Accepts MediCal, Medicare, HSF 333 Turk St. SF Thurs. am by appointment Phone 415-885-2274 Dr. Maureen Lee</p> |
| | <p>CASTRO MISSION HEALTH CENTER No Outside Referrals- for Castro Mission Health Center patients only with referral from their primary care doctor. 3850 17th Street, SF Tues./Wed. Afternoons Phone 415-934-7700 Dr. William Tarran</p> |
| <p>POTRERO HILL HEALTH CENTER No Outside Referrals. For Potrero Health Center patients only with referral from their primary care doctor. Potrero Hill Health Center 1050 Wisconsin Street, SF Tues. Afternoons Phone 415-648-3022 Dr. Diana Werner, Dr. Monara Dini</p> | <p>CHINATOWN PUBLIC HEALTH CENTER Accepts Referrals/Chinese-Speaking Only Health Center #4 Monday afternoons 1490 Mason Street Phone 415-364-7600 Dr. Vincent Wong</p> |
| <p>SOUTH OF MARKET NEIGHBORHOOD No Outside Referrals. For South of Market Neighborhood Health Center patients only with referral from their primary care doctor. South of Market Health Center Mon. am 551 Minna Street, SF Phone 415-206-8620 Dr. Maureen Lee</p> | <p>BAYVIEW/HUNTERS POINT NEIGHBORHOOD Accepts Outside Referrals Accepts MediCal, HSF Southeast Health Center Tues, Thurs. am 2401 Keith Street Phone 415-671-7000 Dr. Clint Thornton</p> |