

KCBS invites CCSF community to HealthWatch Nov. 13

KCBS Radio is making 40 free tickets available to City College of San Francisco faculty, classified and administrators to attend its daylong symposium on Health & Wellness to be held **Saturday, November 13** from 10 A.M. to 5 P.M. in the Masonic Center, 1111 California St. You can pick up your free tickets on a first-come, first-served basis in the CCSF Marketing and Public Information Office in Science 194, Ocean Avenue Campus.

The guest speakers will be **Deepak Chopra** and **Dean Ornish** each of whom will host special seminars on Health & Wellness. Throughout the day there will

be a variety of panel discussions on “Diet & Exercise,” “Managing Stress,” and “How to Deal with Your Adolescent” as well as exhibits to visit!

KCBS’ goal is for everyone to leave HealthWatch 2004 with one positive life changing habit!

NOVEMBER 13, 2004 EVENT TIMELINE

10 A.M. — Health Exposition Opens

10:15 A.M. — Workshops Begin - Exposition Area

11 A.M. — Keynote Lecture by Dr. **Dean Ornish** begins in the Main Auditorium.

12:15 P.M. — Panel: “Diet and Exercise” in Main Auditorium; Workshops begin in Exposition Area.

1:20 P.M. — Book Signing by Dr. **Dean Ornish** is held in the Exposition Area; Workshops Begin, Exposition Area.

1:40 P.M. — Panel on “Toolkit for Stress” begins in Main Auditorium.

3 P.M. — Keynote Lecture by **Deepak Chopra** begins in Main Auditorium.

4:15 p.m. — Book Signing: by Deepak Chopra in Exposition Area.

5 p.m. — Deepak Chopra book signing ends; Exposition Closes.

Transgender Awareness Day and Resource Fair set for November 17 in Student Union, Ocean Avenue

City College of San Francisco (CCSF) will sponsor a Transgender Awareness Day and Resource Fair on **Wednesday November 17**, from 11 A.M. to 2 P.M. in the Student Union on the Ocean Avenue Campus, 50 Phelan Avenue.

The goal for this event is to provide information, support, and camaraderie to members of transgender communities on the City College campus and city-wide, as well as to reach out to those who may have less awareness with issues of gender identity and expression.

Featured at the event will be a dynamic speakers program at 12 NOON, including:

- **Cecelia Chung**, Commissioner, S.F. Human Rights Commission
- **Gwen Smith**, Founder, Transgender Day of Remembrance,

- **Marcus Arana**, Discrimination Investigator, S.F. Human Rights Commission, CCSF student; and

- **Janetta Louise Johnson**, Walden House/Transgender Recovery counselor, community activist and CCSF student.

Other activities and events for the day will include:

- Unveiling the “Transgender Timeline,” a joint project of CCSF Transgender Voices, Transgender Rights, and the College’s Graphics Communication Department and Office of Mentoring & Service Learning;
- Building a community “Altar of Empowerment and Remembrance” with donated items;

- Listing city-wide resources and services, such as the Transgender Law Center, TRANS, Human Rights Commission, Instituto Familiar de la Raza, Filipino Task Force, Walden House, and Transgender Life Care.

- Offering Beauty and Fashion consultations.

This event is hosted by Transgender Voices, Transgender Rights, a student-led project of the HIV/STI Education Office of CCSF, and TG@CCSF, student club. Co-sponsors include Project Survive and Project Safe, the Women’s Resource Center, and the Queer Alliance.

For more information, please call **Joani Marinoff**, Coordinator, HIV/STI Education Office, at (415) 452-5204.