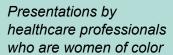
COMMUNITY CONVERSATIONS: SISTER TO SISTER

A WOMAN'S HEALTH INITIATIVE



Explore ways to improve our health + wellbeing





Come join us in a safe, relaxed setting where you can comfortably explore questions that matter to you

Reserved for Black women

WHERE: Indoor/Outdoor/Virtual settings

SUBSCRIBE: Subscribe to our mailing list at http://ccsister2sister.org to get invitations to our ongoing programming opportunities















2022-23 CALENDAR

2 - 4pm EST

Season 14 - Reconnecting with Ourselves and Each Other

10/16/22: A Conversation

Healing Power of Nature & Movement

11/13/22: An Activity

An Outdoor Adventure in Nature

December:

Creating Healthy Habits

Virtual activities all month long to promote self-care

3/19/23: A Conversation

Nourishing and Awakening our Bodies

4/16/23: An Activity

An Outdoor Introduction to Peaceful Meals, Meditation and Yoga

May:

Creating Healthy Habits

Virtual activities all month long to promote self-care

*If you have any questions, link with us at (857) 256-0671 | CCSister2Sister@gmail.com