

COMMUNITY CONVERSATIONS: SISTER TO SISTER

A WOMAN'S HEALTH INITIATIVE



*Explore ways to improve
our health + wellbeing*

*Discussions & Active
Companionship with other
Black women*

*Presentations by
healthcare professionals
who are women of color*



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

Season 14 - Reconnecting with Ourselves and Each Other

2 - 4pm EST

10/16/22: A Conversation

Healing Power of Nature & Movement

3/19/23: A Conversation

Nourishing and Awakening our Bodies

11/13/22: An Activity

An Outdoor Adventure in Nature

4/16/23: An Activity

An Outdoor Introduction to
Peaceful Meals, Meditation and Yoga

December:

Creating Healthy Habits

Virtual activities all month long to promote self-care

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