

# COMMUNITY CONVERSATIONS: SISTER TO SISTER

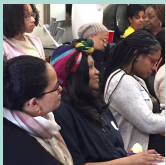
A WOMAN'S HEALTH INITIATIVE



*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



## 2024-25 CALENDAR

2 - 4pm EST

*Season 16 - Eyes on the Prize: Seeking Care in a Challenged Health System*

### Fall/Winter:

- 9/15/24: A Joyful Gathering for Fun, Celebration & Self-Care
- 10/20/24: Whole Person Approaches to Wellbeing: Functional, Naturopathic, Acupuncture
- 11/17/24: Understanding, Navigating & Supporting ADHD, Autism, OCD & Giftedness
- 12/15/24: Finding Your Groove: Re-engaging Inspiration, Reflection & Motivation
- 1/12/25: Navigating Common GI Conditions

### Winter/Spring:

- 1/1/25 - 2/28/25: Daily Activities for Self-Care
- 2/9/25: More than Skin Deep (Skin: A Mirror of Health)
- 3/9/25: Food Allergies & Sensitivities: The Art of Safe Eating
- 4/13/25: What's New in Weight Management? Innovative Approaches for Sustainable Health
- 5/18/25: Updates in Sickle Cell Care & Wellbeing
- 6/8/25: Gathering for Connection & Self-Care

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