

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



2023-24 CALENDAR

2 - 4pm EST

Season 15 - Eyes on the Prize: Seeking Care in a Challenged Health System

FALL:

10/29/23: Anxiety in a Changing World

11/19/23: Breast Health & Care:
Do You have the Best Information?

12/17/23: Promoting & Preserving
Cognition: Staying on Track

WINTER / SPRING

1/1/24 - 2/29/24: Jan & Feb Daily
Activities for Self-Care

2/11/24: Our Crowning Glory: Understanding and Managing Hair and Scalp Health

3/10/24: Navigating Diabetes:
Thinking Outside the Box

4/14/24: Understanding, Navigating and Supporting Neurodiversity

5/19/24: I'm in the ER, Inpatient/ICU or Psych Unit;
Now What?

6/9/24: A Joyful Gathering for Fun, Celebration and Self-Care

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