



BROTHERS & BOOKS

**For More Information, Contact:
NSBrotherhood@nshealth.ca
902-225-3591**

Reading Pages 5-30

FIRST SESSION

**“Self Care for Black Men,
100 Ways to Heal and Liberate”**

Monday, March 2nd, 2026 • 6:30 PM - 9 PM
Dr. Maria Angwin Memorial - Wyse Road Health Clinic
230 Wyse Rd, Dartmouth