

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