



BROTHERS & BOOKS

For More Information, Contact Kyle At:

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Reading Pages 161-186

EIGHTH SESSION

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

Monday, October 5th, 2026 • 6:30 PM - 9 PM
Dr. Maria Angwin Memorial - Wyse Road Health Clinic
230 Wyse Rd, Dartmouth