

**NOVA SCOTIA
SISTERHOOD**



Healthy Moves

with
The Nova Scotia Sisterhood

**A free ecstatic dance program
and safe space for Black
women to connect with their
bodies, engage in self-
expression and improve their
health.**

March 21st, 2024

Time: 6:00-7:30PM

**Location: Findlay Community
Centre**

**26 Elliot Street
Dartmouth**

WHY JOIN ?

- **Make new friends**
- **Connect with your body**
- **Improved mood, memory and reduced stress and anxiety**
- **Lower the risk of heart disease**
- **Strengthen muscles, improve coordination and balance**



**To register, please email
ashley.preston@nshealth.ca
or call 902-399-5799**

Wear comfortable clothing!