

July is Minority Mental Health Month

“MOOD & MOVEMENT”



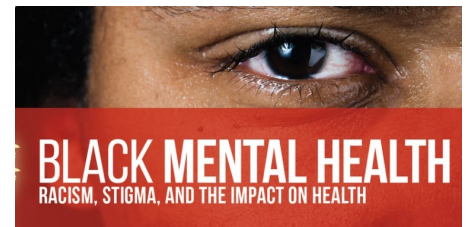
Join with other women of color for these FREE healing programs in July. This year's theme is about supporting one another as we use physical activity to boost our mood. For more information: (434) 872-0047 or www.thewomensinitiative.org/sister-circle

Community Panel: Black Mental Health

Wednesday, July 24, 6-8pm, Jefferson School African American Heritage Center, 233 4th St. NW, C'Ville

Learn about the impact of structural racism on our community health status, and local efforts to address these issues. Panelists include Shelly Wood, MSW, Therapist & Sister Circle Co-Coordinator

TWI is a co-sponsor. Reserve tickets here: blackmentalhealthville.eventbrite.com



Yoga for People of Color

COMMON  GROUND
healing arts

Sunday, 2-3:15pm, July 21, Common Ground @ Jefferson School, 233 4th St NW, C'Ville

Practice yoga in a safe, nurturing setting. Includes poses for all levels & time to explore ways to use breath and meditation for well-being. *No registration required. Offered on a donation basis; no one will be turned away for inability to pay. Facilitated by Eboni Bugg, LCSW.*

C'Ville Walks With Heart

Saturdays, 8am, various locations throughout C'Ville

Each week, the group conquers new terrain and longer distances, working toward being able to complete a four-mile walk. *For more information, contact Noelle Voges at UVA Cancer Center: NEV6E@virginia.edu or (813) 309-2341.*



Stress Management Workshops

Fridays, 12-12:45pm, July 12 & 19

Sentara Starr Hill Health Center

@ Jefferson School, 233 4th St. NW, C'Ville

To register: (434) 872-0047 or info@thewomensinitiative.org

Health Fair @ African American Cultural Arts Fest

Saturday, 10am-2pm

July 27

Washington Park

Preston Ave., C'Ville

Pick up ideas for how to improve your mood through movement, and talk with staff of The Women's Initiative and the Central Virginia Clinicians of Color Network.

Zumba!

Sundays, 3-4 pm

July 7 & 14

1101 East High St., C'Ville

July 7 is a low-impact; July 14 is medium-impact.

Facilitated by Isola Brown