





## Save The Date ...

Don't miss this opportunity to improve your Mindset, Heartset, & Healthset!



10:00 am - 2:00 pm

Southeast Raleigh YMCA 1436 Rock Quarry Rd, Raleigh, NC 27610

In Collaboration With:





The Links, Incorporated is an international, not-for-profit corporation, established in 1946, consisting of more than 17,000 professional women of African descent in 299 chapters located in 41 states, the District of Columbia, the Commonwealth of the Bahamas, and the United Kingdom. It is one of the nation's oldest and largest volunteer service organizations committed to enriching, sustaining and ensuring the culture and economic survival of African Americans and other persons of African ancestry.