

7 Keys to Emotional Wellness and Black Empowerment



These healing circles, for Black people, will connect our African roots, wisdom and brilliance to strategies for dealing with racial macro/micro aggressions, strengthening our communities, families, relationships and more! Join the Rocky Mountain Association of Black Psychologists and In-Balance Dance Studio for rich discussions on the 7 Keys to Emotional Wellness, and Black Empowerment!

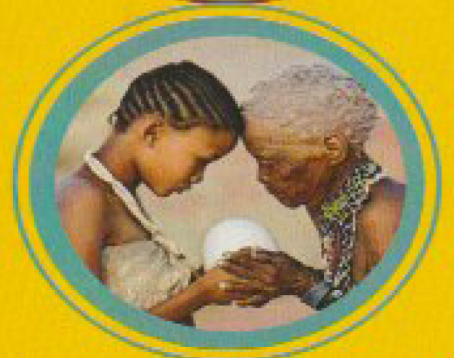
These sessions are available now from September 2024- March 2025 every Saturday with start times 10am to 11:30am. To register and for additional information text 719-501-1348 or email mahasinsdream@in-balancedance.com

In-Balance Dance Studio

2820 East Pikes Peak Ave.

Colorado Springs, CO 80909

Call 719-394-8877 for more information.



What participants are saying:

"My energy and spirit is lifted!"

Light refreshments will be served.

"This is the first time I've been in a healing circle and we talk about solutions."



**COMMUNITY
HEALING
NETWORK.**

