

# 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 will be available on weekdays or on Saturday starting in July 2024. To register and for additional information text 719 501-1348 or email [mahasinsdream@in-balancedance.com](mailto: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**

