



Denver- Rocky Mountain Association of
Black Psychologist

7 KEYS TO EMOTIONAL WELLNESS AND BLACK EMPOWERMENT

Ubuntu - I AM Because WE ARE

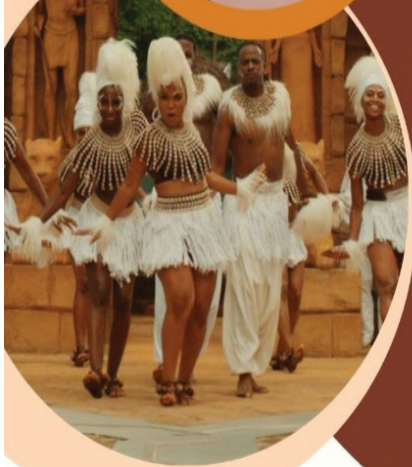


IMAGINE A WORLD... in which all Black people have moved beyond surviving to flourishing, and are enjoying life in all its fullness, in body, mind, and spirit!

Join us for a multigenerational discussion series involving 7 Keys for Emotional Wellness and Black Empowerment. Enjoy music, food, fun, reflection and cultural connection! These gatherings are designed for people of African/Black heritage to revitalize ourselves, communities and relationships.

Afro-Futurism. Let's build and create a different future!

These sessions will be available from January 2025 - May 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.



**AS A TOKEN OF OUR
APPRECIATION FOR PROGRAM
COMPLETION, RECEIVE A
\$100 GIFT CARD.**

In-Balance Dance Studio
2820 Pikes Peak Ave.

Colorado Springs, CO 80909

Call 719-394-8877 for more information.



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