

MAY 21, 2025



www.sistaah.org

THE SISTA AH SIREN

NEWSLETTER

Health, Wellness, & Art in Harlem



"We are proud to celebrate the resilience of our community and raise awareness around the importance of early cancer detection, particularly in communities that face systemic health inequities. Through art, conversation, and wellness practices, we offer space for healing and empowerment."

Wilhelmina Grant-Cooper, artist and founder of SISTA AH

Rev. Karen Stowe and
Wilhelmina Grant-Cooper

Mistress of Ceremonies,
Margratta Samuel

On April 26, 2025 SISTA AH Studio hosted

Health, Wellness & Art in Harlem A Celebration in Recognition of National Minority Cancer Awareness Month! Event Highlights:

- Interfaith Blessing
- Sound Bath Relaxation Experience
- Keepsake Fan Painting
- Plant-based Food Demo & Tasting
- Mini-Art Exhibition
- Audience Sing-Along
- Survivor's Testimony
- ...and so much more!



MSKCC Brings Vital Information



Impromptu Artmaking



**SISTA AH: Survivors Inspiring Sisters
Through Art & Advocacy for Health**

See more inside this issue of The SISTA AH Siren Newsletter

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Read More on our website

<https://sistaah.org>

Highlights from National Minority Cancer Awareness Day Celebration April 26, 2025

Surviving Cancer: A Family Affair. Much appreciation to all of the families for their attendance and support.



Hula Hoop Games top off the day with movement and fun!

2025 marks 31 years of cancer survivorship for me. It was delightful to celebrate survivorship in an artful way with family, friends and neighbors.



A Message to our Treasured Volunteers, Sponsors, Weekly Workshop Participants, and Supporters

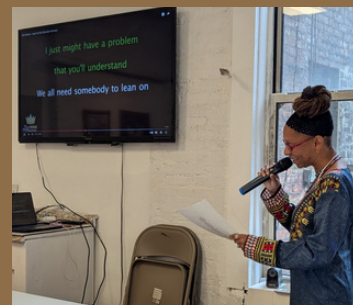
Health Wellness & Art in Harlem
A Multicultural, Inter-generational Celebration in Recognition of National Minority Cancer Awareness Month was made possible with the generous support of:

- The Children's Art Carnival
- Citizen's Committee For New York City
- Memorial Sloan Kettering - The Ralph Lauren Center

We thank you!



Chef/Author Brandy Cochrane provides plant-based F.U.N. Food Presentation, Dessert Demo & Tasting



Artist Sabrina Sahara leads us in our theme song "Lean On Me"



Playwright Hazel Rosetta Smith shares an uplifting story of long-term cancer survival.



Art Exhibition Showcase of creativity by Open Your Eyes (O.Y.E.) Artist Participants



Participants learn to make tasty plant-based treats.



Andrea Cleveland, PhD provides healing vibes during sound bath