



**State:** Georgia

**Email:** [blackmamasmatter@gmail.com](mailto:blackmamasmatter@gmail.com)

*See below for event listing  
description.*



# Black Mama Wellness Day

for ATL Women & Girls

Saturday, April 13, 2019 | 12PM - 4PM

The MotherHouse

1237 Ralph David Abernathy Blvd., SW, Atlanta, GA 30310

12:00 pm - 1:00 pm

**Title:** Strategic Self Care

**Facilitator:** Anana Harris Parris,  
SisterCARE Alliance

*A dynamic session that will promote and teach self-care strategies as a revolutionary act and form of social justice for black women and girls.*

1:30 pm - 2:30 pm

**Title:** Womb, Are You Ok? Conversations with My Womb!

**Facilitators:** Sekesa Berry, Midwife and Nena Omi, Doula

*Guided meditation and open dialogue encouraging women to acknowledge the relationship between their womb care, or lack thereof, and the direct effects this behavior has on their approach to life.*

3:00 pm - 4:00pm

**Title:** Body Literacy: Periods & Reproductive Self-Care for Black Girls

**Facilitator:** Makina Table, Flora & Fauna

*An intimate conversation about periods and menstrual health, explored through honest dialogue about our bodies, our intentions, and our diverse journeys of womanhood. Rooted in the power of storytelling and celebrating sisterhood, this is a safe space for black women to be whole, human, and free.*



Feminist Women's  
Health Center

*Leading. Educating. Advocating.*



SisterLove, Inc.

**Limited Space!**

**Register Here:** [bit.ly/BMHWATL19](http://bit.ly/BMHWATL19)



**State:** Georgia

**Point of Contact:** Makina Table, Flora & Fauna Doula Care

**Email:** [florafauanadoula@gmail.com](mailto:florafauanadoula@gmail.com)

*See below for event listing  
description.*





PRESENTS

# BLACK MAMAS\* MOVE

## TOTAL BODY H.I.I.T. CLASS

SATURDAY, APRIL 13

11:00 AM

FREE W/ RSVP

\* MAMAS, PAPAS, AUNTIES, UNCLES, SISTERS,  
BROTHERS, DAUGHTERS, AND COUSINS TOO!



### TOTAL FITNESS REVOLUTION

1303 VETERANS MEMORIAL HWY SE  
MABLETON, GA 30126

RSVP AT [WWW.MAMASMOVE.EVENTBRITE.COM](http://WWW.MAMASMOVE.EVENTBRITE.COM)