State: Georgia

Email: 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.

Register Here: bit.ly/BMHWATL19

Limited Space!
State: Georgia

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

Email: florafaunadoula@gmail.com

See below for event listing description.
IN CELEBRATION OF BLACK MATERNAL HEALTH WEEK 2019

Flora & Fauna PRESENTS

BLACK MAMAS*

MOVE

TOTAL BODY H.I.I.T. CLASS

SATURDAY, APRIL 13
11:00 AM
FREE W/ RSVP

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

TOTAL FITNESS REVOLUTION
1303 VETERANS MEMORIAL HWY SE
MABLETON, GA 30126

RSVP AT WWW.MAMASMOVE.EVENTBRITE.COM