



## SHADES OF STRENGTH A WOMEN'S EMPOWERMENT GROUP

You are invited to our social hour. This social hour is for us to **meet**, to **connect** with others on the journey that look like us, and to **sustain** an empowering community. It is a time for fun, laughter, creativity and pursuing activities that are of interest to the group.

Do you have one hour a month to set aside just for you to relax and enjoy?



**WHEN:** Monthly -- SECOND TUESDAY  
@ 6 PM ET/5 PM CT/4 PM MT/3 PM PT

**LOCATION:** via Zoom

**GOAL:** FUN & RELAXATION

Meet other Black/African Women who are:  
Care Partners and Women with Parkinson's  
to spend an hour on activities that bring **joy**  
or to connect and to engage in new experiences.

**RSVP:** Denise Coley  
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