

Breaking Free

"The battles that count aren't the ones for gold medals. The struggles within yourself—the invisible, inevitable battles inside all of us—that's where it's at."

—Jesse Owens

MEN OF COLOR HEALING CIRCLES

- **Are you a Black or Brown male over 18 years of age who has experienced overt racism, subtle discrimination or feelings of being unsafe or undervalued at work, school or environmental settings that lack diversity?**
- **Are you interested in learning new skills to apply to daily life, such as stress reduction techniques, healthy coping mechanisms and strategies for building supportive relationships and networks?**
- **Are you interested in developing a stronger sense of well-being and community?**
- **Do you reside in Anne Arundel County?**

If your answers are yes, join Dr. Henry Gregory and Dr. Bridal Pearson by registering for the Breaking Free Men's Healing Circle. Each FREE session will include movement exercises, meditation, and facilitated conversations for men of the global majority.

The sessions will be held on Saturdays at the Michael E. Busch Annapolis Library, 1410 West Street, Annapolis, MD 21401 at the following dates and times. Group size is limited to 20 individuals per session.

September 25, 2021
11 a.m. - 1 p.m.

November 27, 2021
11 a.m. - 1 p.m.

January 29, 2022
11 a.m. - 1 p.m.

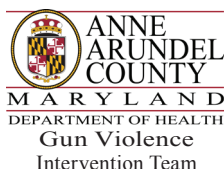
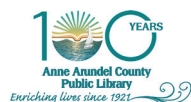
October 30, 2021
11 a.m. - 1 p.m.

December 18, 2021
2 p.m. - 4 p.m.

February 26, 2022
11 a.m. - 1 p.m.



Register today for FREE sessions by emailing The Living Well at admin@livewellbemore.com or call 240-988-4662 and leave your name and contact information.



Anne Arundel County Government in partnership with The Living Well Center for Social and Economic Vibrancy, Anne Arundel County Public Libraries, Partnership for Children, Youth, and Families, and the Department of Health, Gun Violence Intervention Team

