

Do you want to be **active**  
but don't know how to begin?

Want to make **healthy changes** in your diet,  
but don't know where to start?

## There's a new movement in the neighborhood!

[ORGANIZATION] *Sisters Together* program offers lots of ways to get involved in the move more, eat better movement.

Meet other women in the community as we work together to *move more* and *eat better*!

Join us on [DATE] at [TIME] as we start a new chapter of *Sisters Together*.

- Get moving with our walking groups and dance classes.
- Learn healthy cooking tips and recipes at our cooking demonstrations and nutrition seminars.
- Spread the *Sisters Together* message by participating in community wellness walks.



The *Sisters Together* program was created to help Black women in our community work together to become more physically active and adopt healthier eating habits. We host activities designed to help the women in our community because 77 percent of U.S. Black women age 20 and older are overweight, and nearly 50 percent of Black women are classified as obese – extra pounds can contribute to medical problems.

CONTACT NAME

PHONE NUMBER