

SISTERS TOGETHER: Move More, Eat Better Program



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 a variety of different 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. Some of our events include wellness walks, walking groups, dance classes, and cooking demonstrations.

Our upcoming event is a **healthy recipe share fair**. We are inviting everyone in the community to come out and sample healthy dishes, as well as share nutritious recipes that taste great. We encourage everyone to bring 5 to 10 copies of their recipe for others.

Time: _____

Date: _____

Place: _____

Contact: _____

