

MOVEMENT IS MEDICINE:

Dance, Mental Health, and Healing.

THURSDAY, 12/22/22
6 - 8 PM EST



FULTON COUNTY
ARTS & CULTURE

Funding for this event is provided by the
Fulton County Board of Commissioners.

Register for free at:

<https://www.eventbrite.com/e/487890984067>

This workshop includes:

- Dance: Movement Is Medicine.
- Mental Health Awareness & Resources.
- Interactive panel discussion on:
 - Anxiety & depression in a cultural context.
 - Complexities of caregiving for a parent/loved one.



Dr. Shondrika Moss-Bouldin
Dr. MB, Healing Artist



Kim Wilson, LPC
Psychotherapist
& Author



Benjamin Maduka, RN
Hospice Nursing
Director



Sinclair Johnson
Communications &
Development Director



Alfred Dove
Professional Artist
& Educator



For more information contact:

www.healsistaheal.com healsistaheal@gmail.com & [s@scworks.tv](https://www.twitch.tv/s@scworks)

