

CULTURAL CARDIO: IN-PERSON SESSION



Thursday, July 17, 2025
10:00 a.m. – 11:00 a.m.

Join us for a cultural cardio session led by Cher Obediah! Cher Obediah, who is Mohawk/Ojibway, Turtle Clan from Six Nations, will share her journey of healing, empowerment, and cultural reconnection through the art of dance.

- Light movement that includes fun powwow movements
- Using dance as a way to connect to the Indigenous culture
- Learn about the Indigenous culture and history

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Register by phone or email:
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