

CULTURAL CARDIO: IN-PERSON EVENT



Tuesday, September 23, 2025 | 11 a.m. – 12 p.m.

**Venue: Seva Food Bank, 2832 Slough Street,
Mississauga (Malton) L4T 1G3**

Cher Obediah is Mohawk/Ojibway, Turtle Clan from Six Nations and shares her journey of healing, empowerment, and cultural reconnection through the art of dance.

Join us for a cultural cardio led by Cher Obediah:

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

Seats are limited and registration is required to book a spot!

Register by phone or email:
(905) 677-0007 Ext. 5233
MaltonNIC@achev.ca

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