

Black Maternal Health Week 2026

April 11-17, 2026

Community Yoga & Grounding Session

Start the week centered, connected, and cared for.



Join us for a gentle, beginner-friendly yoga session focused on grounding, relaxation, and connection—a safe space for women, especially mothers and moms-to-be, to slow down, breathe, and recharge.

April 11th, 2026

9 AM

Pioneer Park (near the pavilion)

866 SW 715, Belle Glade

Healthy
Indulgence



For more info contact: Bree 561-463-9341