



**FREE
CLASSES**

H Healthy Black Families, Inc.

GENTLE AFRICAN CARIBBEAN MOVEMENT

Gentle African Caribbean Movement are a fun and easy way to get in shape while Learning simple dance moves to the rhythms of the African Diaspora . All ages and fitness levels welcome.

Instructor: Karma Smart

**Join us on Tuesdays,
from 11:00am-
12:00pm beginning
April 2, 2024**

**[https://tinyurl.com/
2by3n4xt](https://tinyurl.com/2by3n4xt)**

**West Berkeley Family
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