

Roots Community Services presents
Healthy Black Communities

Socacize
Nutrition & Fitness for Healthy Living

Join us for an interactive nutrition and soca fitness session that blends practical health education with guided movement set to vibrant soca rhythms.

Saturday, March 21, 2026

11:00 a.m. to 2:00 p.m.

Brampton City Hall

2 Wellington St W, Brampton, ON L6Y 4R2

Free underground parking is available

Come Learn:

- How to build easy, balanced nutrition habits
- Why movement is essential for long-term health
- Simple ways to stay active in your daily life
- Where to access ongoing wellness support

Enjoy nourishing food, refreshing drinks, and exciting giveaways.

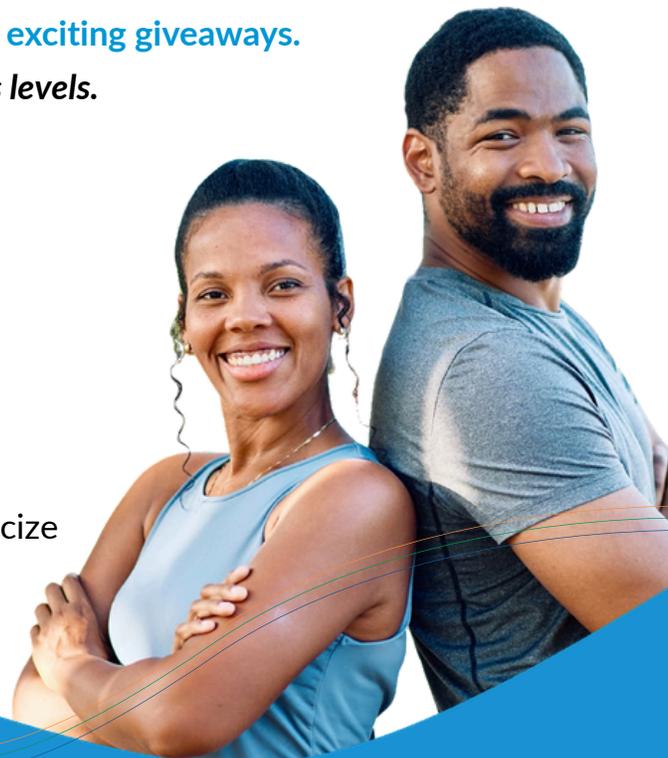
This session is designed for all fitness levels.



Fitness Instructor:
Ayanna Lee Rivears,
Founder of Socacize Fitness



Register here
bit.ly/rootscssocacize



For more information, contact maiko@rootscs.org
or call Maiko at 905-455-6789 ext. 171
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