

Roots Community Services presents
**Healthy Black Communities & Social Enterprising
and Entrepreneurial Development**

Breathe, Sip, Paint Your Wellness

Wednesday, July 29, 2026

Riverstone Community Centre
195 Don Minaker Dr, Brampton, ON L6P 2V7
10:00 a.m. to 1:30 p.m.

Come unwind, connect, and recharge during a day dedicated to creativity and self-care.
Enjoy hands-on activities and meaningful experiences designed to inspire relaxation,
creativity, and personal expression.

You can look forward to:

- Gentle breathwork and mindful movement
- Complimentary massages to help you unwind
- Engaging icebreakers and meaningful conversations
- A guided Sip & Paint experience
- Light refreshments and wellness resources
- Giveaways, prize draws, and a special thank-you gift



Facilitator
Natai Kirnon,
Paint Artist



Facilitator
Malarie Barrett,
Registered Massage Therapist

Register here to join us:
bit.ly/rootscspaintyourwellness



For more information, contact maiko@rootscs.org
Or call Maiko at 905-455-6789 ext. 171
Visit us online at www.rootscs.org
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