



FEBRUARY WORKSHOPS CALENDAR



SOUTHEAST CENTER
1700 GOOD HOPE RD SE,
WASHINGTON, DC 20020



Tuesday **10-11 AM**

07 *Sign Language, Pt. 2*

Continue to learn basic sign language with community member Ms Paulette.

Tuesday **10-11 AM**

14 *Legal services for working parents*

With First Shift Justice project

Thursday **11-12 PM**

16 *Increase Your Eye-Q*

Learn from Dr. Jessica Hahm if your cell phone hurts your eyes, if diabetes or high blood pressure affects your vision, if lash lifts are safe, & more!

Thursday **10-11 AM**

23 *Black History Discussion*

11-12 PM

Are You an Extrovert or an Introvert?

Learn about being outgoing (extrovert) or less outgoing (introvert) & how it impacts your life.

11-12 PM

Black History of Food

Learn more about Black History in relation to food, farming, and food justice with Racial Equity Manager CAM.

11-12 PM

Black History Month Paint

With community member April.

Tuesday **10-11 AM**

21 *Financial literacy*

Learn about personal financial resources to help make the right decisions about your money

Tuesday **10-11 AM**

28 *Go-Go Fitness Class*

Exercise and dance to Go-Go music with Go-Go Fitness LLC

Thursday **9 AM-3:30 PM**

09 *Get First Aid, CPR, & AED Certified*

Must register by calling Brittney Blakeney at (202) 791-3987. Lunch included!

Thursday **10-11 AM**

16 *Resisting Racism, Pt. 2*

Learn about past rebellion and resistance efforts against racism.

11-12 PM

Nutrition 101

Join Wellness Educator Allison Wu to learn the basics on healthy eating & affordable healthy meal planning

11-12 PM

Coping with Depression

Learn about strategies to cope with depression with Behavioral health Specialist Tonya

No registration is required unless noted. Call Kellie at (202) 953-8582 with questions.