

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

### 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.

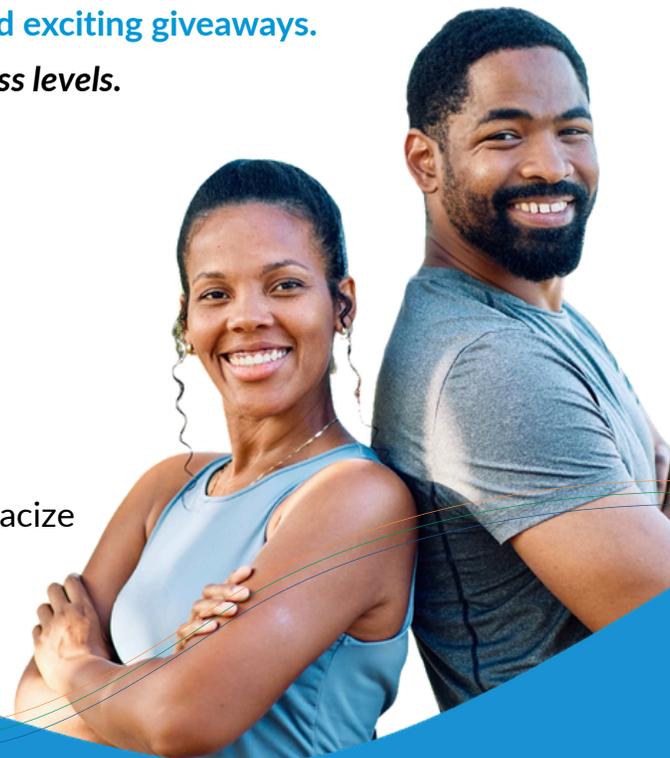
*This session is designed for all fitness levels.*



**Fitness Instructor:**  
Ayanna Lee Rivears,  
Founder of Socacize Fitness



Register here  
[bit.ly/rootscssocacize](https://bit.ly/rootscssocacize)



For more information, contact [maiko@rootscs.org](mailto:maiko@rootscs.org)  
or call Maiko at 905-455-6789 ext. 171  
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