

Join us for S.E.E.D.S. Virtual Educational Series

Freshly Rooted Presents S.E.E.D.S. in partnership with Councilwoman Jasmin Santana. Sign up for our 4-week educational series, a women's empowerment and development program.

"Let's Define Primary Foods"

Monday's, November 2nd, 9th, 16th & 23rd (2020) at 6:00-7:30pm

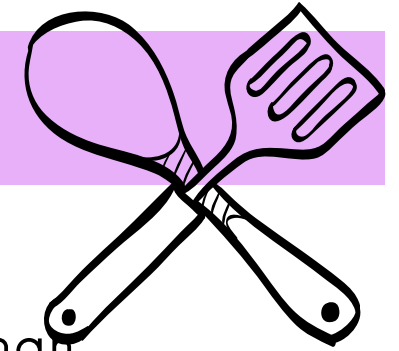
The foods we eat are secondary to all the other things that nourish us—our relationships, spirituality, career and physical activity. Those are the things we call primary foods. Join us in exploring positive ways to navigate through the holiday season.



"Celebrating the Holiday Season"

Tuesday's, December 1st, 8th, 15th & 22nd (2020) at 6:00-7:30pm

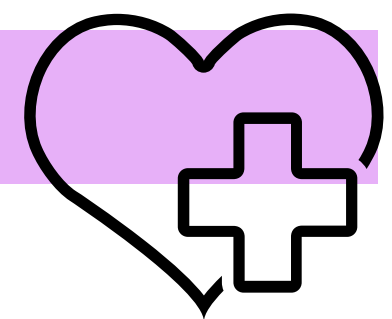
Be the cheer in this year's holiday season! Join Chef Yolanda Ramos and Councilwoman Jasmin Santana in the kitchen for live holiday cooking. Creating joy through the eternal gift of giving.



"Let's Reset Our Health"

Saturday's, January 2nd, 9th, 16th & 23rd (2021) at 9:00-10:30am

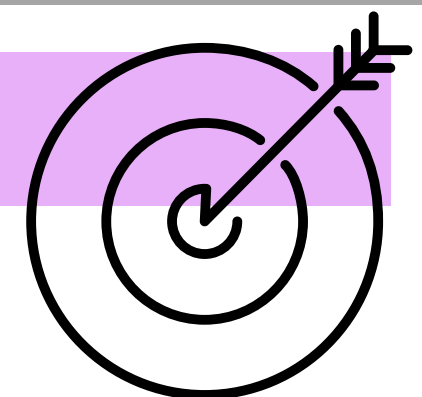
We will explore the Power of Hydration, Whole Foods vs Processed Foods and reveal the Truth About Sugar to incorporate simple techniques to reset our health in the new year.



"Setting S.M.A.R.T. Goals"

Monday's, February 1st, 8th, 15th & 22nd (2021) at 6:00-7:30pm

(Specific, Measurable, Actionable, Realistic and Timely) Together we will assess and identify where more balance is needed in your life. Learn to set S.M.A.R.T. Goals to achieve and sustain your desired outcomes.



For more information contact
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VISIT WWW.FRESHLYROOTED.COM

Join Our S.E.E.D.S. Virtual Educational 4-Week Series

Freshly Rooted Presents S.E.E.D.S. in
partnership with Councilwoman Jasmin Santana

Our mission is to lead the way to equitable opportunities by creating a community of women equipped with the necessary leadership skills to make economic, healthy and other meaningful changes that can sustain themselves, families, and communities.

Toolkits

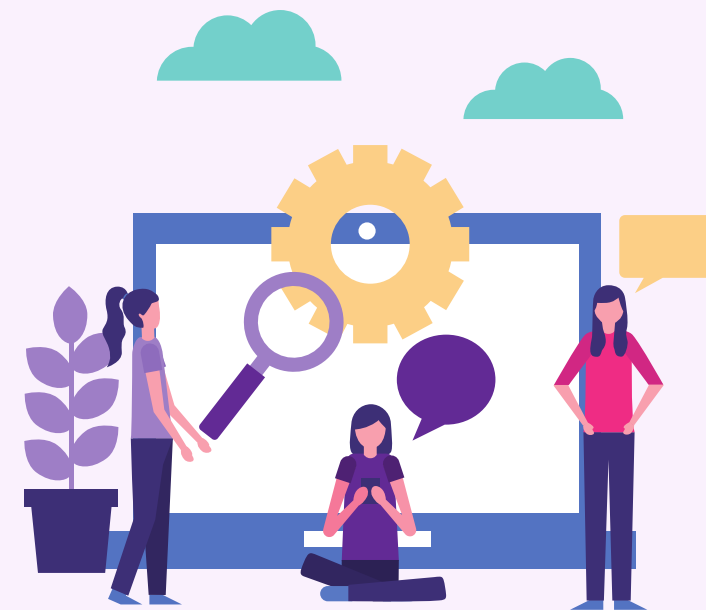
Participants receive resources and tools to best position them to apply content at home.



Learning Community

S.E.E.D.S. intentionally works to cultivate a learning community for women to share, connect, and discover.

Learn how to grown personally, professionally, and socially.



For Cleveland Residents



Women who are residents of the City of Cleveland are eligible to register.

Women Empowerment & Development

Our vision is to have resilient women empowered to take ownership and pursue a promising future by accessing equitable opportunities. We believe that if we develop residents in the community, they will then provide value added input and ownership to their neighborhood.



Via Zoom

Each Session is 90 minutes once a week.

Join our virtual learning community with other like-minded women.



Freshly Rooted

You can learn more about Freshly Rooted by visiting www.freshlyrooted.com

@FreshlyRooted & Freshly_Rooted



Contact Us

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216-961-9073 Ext. 216

Interest Form Link

Please use this link <https://forms.gle/TJhns7YyRgkZww6HA> to share your interest & we will connect with you.