

The Good Life Presents

BROTHAS BUILDING BROTHAS

BARBERSHOP TALK

WEDNESDAYS, 9AM PT; EVERY OTHER WEDNESDAY, 6PM PT

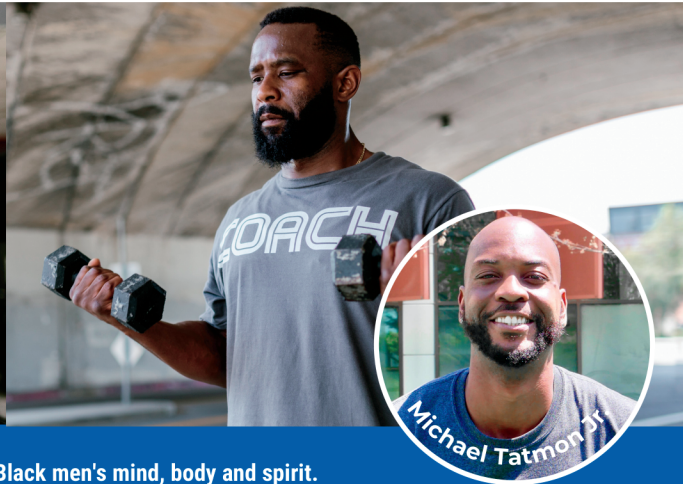
An interactive discussion lead by Craig Cook-Sullivan, where we talk about our everyday struggle as Black men.



LET'S GET MOVIN' BROTHAS

THURSDAYS, 9AM PT

A low to medium impact fitness class for all men lead by Michael Tatmon Jr.



An online journey to enhance Black men's mind, body and spirit.
Free and open to all.

thegoodlifepath.org



Use Your Phone
to get Enrollment Link!



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