

Freedom Friday in the Park Fact Sheet/Talking Points



Freedom Friday In the Park

FREE
EVENT!

GIVING WOMEN THEIR POWER BACK THROUGH DANCE

WHAT is Freedom Friday in the Park? Freedom Friday in the Park is a monthly multicultural WUCNetwork initiative designed to help women reduce work/life stress, mitigate health issues, promote exercise through dance, foster socialization, and provide information via vendors to assist and support women of all ages and cultures with health, self-care, family, and financial resources.

WHO - Women Under Construction

Network (WUCNetwork). WUCNetwork is a nonprofit 501(c)(3) organization created to provide programs and services that support underserved women, their children, and the elderly most in need in and around Birmingham, AL metro. Our Mission: REPAIRING HOMES, BUILDING WOMEN, CHANGING LIVES! Freedom Friday is supported by the Birmingham Parks & Recreation Department.

WHY Freedom Friday in the Park? It's a one of a kind gathering that allows women to build their self-esteem, decompress from life issues and foster socialization of women from every walk of life. This event gives women their freedom back through movement and dance.

HOW? With the generous financial and volunteer support provided by corporations, and other non profit organizations, WUCNetwork's Freedom Friday in the Park will serve approximately 250+ women every 1st Friday of the month (May-August) using multicultural dance as well as limited mobility movement activities. This event will include staging, music, instructors, and vendors. Dances include:

- Line Dance
- Asian Dance
- Country Western
- Belly Dancing
- Mixed Fitness
- Chair Aerobics
- Jazzercise
- Dance Trance
- Indian Dance
- Salsa Hispanic
- Limited Mobility
- Zumba
- West African Dance



WHEN & WHERE? Beginning **May 3, 2024** and continuing through **August 2, 2024** held at **Avondale Park** (4101 5th Ave S, Birmingham, AL 35222).

Please **GIVE & VOLUNTEER**



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www.wucnetwork.org | Facebook, Instagram, LinkedIn: @womenunderconstructionnetwork