

# CULTURAL CARDIO: IN-PERSON SESSION



**Wednesday, September 17, 2025**  
**1:00 p.m. - 2:00 p.m.**

**Cher Obediah is Mohawk/Ojibway, Turtle Clan from Six Nations and shares her journey of healing, empowerment, and cultural reconnection through the art of dance.**

**Join us for a cultural cardio led by Cher Obediah:**

- Light movement that includes fun powwow movement
- Using dance as a way to connect to the Indigenous culture
- Learn about the Indigenous culture and history

**50 Burnhamthorpe Road West, Suite 300**  
**Mississauga, ON L5B 3C2**

**Register by phone or email:**  
**(905) 949-0049 Ext. 1266**  
**nicssx@achev.ca**

**Follow Achēv on:**

