

<p>EBM Health Pillars</p>	<p>Mental, Physical, Social, Emotional, Spiritual health</p>
<p>EBM Topics</p>	<ul style="list-style-type: none"> <li>• Sociocultural Wound healing (generational)</li> <li>• Emotional Intelligence (EQ)</li> <li>• Resilience</li> <li>• Imposter Syndrome</li> <li>• Break up recovery</li> <li>• Infidelity recovery</li> <li>• Male transparency and vulnerability mastery</li> <li>• Duality, Embodiment, Introspection</li> <li>• Introspective guidance/mentorship</li> <li>• Confidence and intimacy -building</li> <li>• Somatic Awareness – mind, body, spirit</li> <li>• Mental, physical, and body connection</li> <li>• Relational growth and security</li> <li>• Leadership and confidence -building</li> <li>• Men’s Elevation (life, divorce, career, health/wellness, family blending)</li> <li>• Fatherhood, parenting, and family alignment</li> </ul>
<p>EBM Activities</p>	<ul style="list-style-type: none"> <li>• Meditation: Breathing, Mindfulness, Focus, Grounding, Movement</li> <li>• Trust/Shadow work</li> <li>• Physical/emotional trauma release</li> <li>• Mantra/Visualization</li> <li>• Progressive relaxation</li> </ul>
<p><b>Community Engagement (Brother Circles)</b></p>	<ul style="list-style-type: none"> <li>• Elevated Barbershop Talk: Where black men are seen and heard</li> <li>• Next level nature commune: Cultivating male excellence</li> <li>• Brothers on the move (hiking/run/cycle) – physical and mental escape</li> <li>• Incarcerated population</li> <li>• Pop Up’s – Cigar lounge, sports, car wash, male gathering spots</li> <li>• Highway/neighborhood cleanups</li> </ul>
<p>EBM Medical</p>	<p>African American Male Health: Prostate/Colon/Lung Cancer, Diabetes, Hypertension, Erectile Dysfunction, Kidney disease, Suicide risk, etc...</p>