

Cancer Support and Wellness Series

Program supported by a grant from the Climb for Cancer Foundation.



Barakissa Coulibaly



Alexis R. Jennings, MPH

Barakissa Coulibaly, is an adjunct lecturer at the University of Florida School of Theatre and Dance and is a master West African dance instructor from Ivory Coast, West Africa. She has taught at the University of Florida, the University of North Carolina Asheville, Bates College and other higher-ed institutions. As an instructor, she has traveled to teach in many countries, including Spain, Japan, Greece, France and Germany. Coulibaly is interested in the mind-body connections that culture dance has on health and disease. She served as a speaker at the 5th annual Integrative Medicine Conference at the University of Florida. Visit barakissacoulibaly.com for more information.

Alexis R. Jennings, MPH, completed her master's degree with a concentration in social and behavioral science at the University of Florida. Her research interests focus on spirituality and health, health communications, integrative medicine and cancer disparities among minority populations. She conducted research on how race impacts patient preference of integrative health among cancer patients. Alexis continues to work closely with community stakeholders to provide service and advocacy for the underrepresented. Visit Jennings's health and wellness site, ZenShells, at zenshells.com, for more information.

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Managing Fatigue Through Rhythm

Wednesday, October 28, 2020
1:30 to 2:30 p.m.
Free class series

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This one-hour workshop is aimed at educating cancer survivors on the mind-body connections of traditional West African dance and its contributions to managing fatigue, and improving mental health and quality of life for individuals living with cancer.

This workshop will incorporate a talk, demonstration and voluntary movement session. The material covers the health benefits of cultural dance movement for recovery during the stages of healing from various cancers. Barakissa Coulibaly and Alexis Jennings combine scientific research, expertise and personal endeavors to provide an interactive and informative lecture and activity session. This educational class is offered to cancer patients, family members and the community to promote health and quality of life.

Classes are free and now hosted online.

This month, the Cancer Educational Wellness Series presentation will be available ONLINE ONLY.
Visit UFHealth.org/cancer-educational-wellness-series, for more information and to join the class via Zoom.



Integrative Medicine • Palliative Care

For more information, please contact Chris Morgan at 352.273.5769 or by email at christopher.morgan@medicine.ufl.edu.