

Black History Month

The following are ways in which you can acknowledge Black History Month!

RECHARGE



- Sip on your favorite tea while listening to Black jazz musicians such as Sarah Vaughn and/or Duke Ellington
- Watch a movie e.g., “Gifted Hands”, “Passing”, “12 Years A Slave”
- Read a book by a black author: “The Hate U Give,” “Clap When You Land”, “My Grandmother’s Hands”
- Listen to a Podcast

MINDFUL MOVEMENT



- Go for a walk in your neighborhood after researching its history
- Go and give to or volunteer at a black-led non-profit: Charity Navigator: <https://www.charitynavigator.org/>
- Visit your area library <https://www.slcl.org/>
- Take a 30-day health and fitness challenge e.g., yoga, jump rope, squats

SELF-EDUCATE



- Health statistics: U.S. Department of Health and Human Services - Office of Minority Health: <https://minorityhealth.hhs.gov/>
- History.com: <https://www.history.com/>
- Watch “Amend,” on NETFLIX
- Visit virtual museums such as the Smithsonian or Schomburg Center