

black family wellness expo

Black Family Wellness Expo: A Celebration of Health, Heritage, and Community

Are you looking for a vibrant, uplifting event that prioritizes the holistic well-being of Black families? Look no further! This post dives deep into the world of Black Family Wellness Expos, exploring what they offer, why they're important, and how you can find and benefit from one near you. We'll cover everything from the unique aspects of these events to practical tips for making the most of your experience. Get ready to discover a powerful resource for strengthening your family and community.

What is a Black Family Wellness Expo?

A Black Family Wellness Expo is more than just an event; it's a movement. It's a carefully curated gathering focused on promoting physical, mental, and emotional wellness within the Black community. Unlike generic wellness expos, these events specifically address the unique health challenges and cultural nuances faced by Black families. This targeted approach ensures relevant resources, relatable speakers, and a supportive environment where attendees feel seen, understood, and empowered.

Why are Black Family Wellness Expos Important?

The importance of these expos stems from the need to address health disparities within the Black community. Factors like systemic racism, socioeconomic inequalities, and historical trauma contribute to higher rates of chronic diseases and mental health challenges. Black Family Wellness Expos actively combat these disparities by:

Providing Access to Culturally Relevant Healthcare: Many expos feature Black healthcare providers who understand the specific needs and concerns of the community. This fosters trust and encourages open communication, leading to better health outcomes.

Promoting Healthy Lifestyles: These events often include workshops, demonstrations, and resources on nutrition, exercise, stress management, and financial wellness – all tailored to the Black family experience.

Building Community and Fostering Support Networks: The supportive atmosphere of these expos creates a space for connection, shared experiences, and the building of vital support networks within the community. This sense of belonging is crucial for overall well-being.

Highlighting Black Excellence in Healthcare: The expos showcase the achievements and contributions of

Black healthcare professionals, entrepreneurs, and community leaders, serving as powerful role models and inspiring future generations.

Addressing Systemic Issues: Many expos incorporate discussions and workshops addressing social determinants of health, such as access to quality healthcare, housing, and education, promoting advocacy and systemic change.

What to Expect at a Black Family Wellness Expo

Attending a Black Family Wellness Expo is a truly enriching experience. You can expect a wide range of activities, including:

Health Screenings: Free or low-cost screenings for blood pressure, cholesterol, diabetes, and other vital health indicators.

Workshops and Seminars: Educational sessions covering various aspects of wellness, such as healthy cooking demonstrations, financial literacy workshops, mental health awareness sessions, and parenting skills training.

Vendor Booths: Opportunities to connect with local businesses offering health-related products and services, from natural beauty products to healthy food options.

Entertainment and Activities: Family-friendly entertainment, such as live music, dance performances, and children's activities, making it a fun and engaging experience for all ages.

Networking Opportunities: A chance to connect with other Black families, healthcare professionals, and community leaders, building a stronger sense of community.

Finding a Black Family Wellness Expo Near You

Discovering a Black Family Wellness Expo in your area is easier than you might think. Start by searching online using keywords like "Black family wellness expo [your city/state]" or "African American health fair [your city/state]". Check local community centers, churches, and health organizations' websites for event listings. Social media platforms like Facebook and Instagram are also great resources for finding local events. Many organizations dedicated to Black health and wellness will advertise their events through these channels.

Making the Most of Your Expo Experience

To maximize your experience at a Black Family Wellness Expo, consider these tips:

Plan Ahead: Review the event schedule in advance to identify the workshops and activities that most interest your family.

Bring the Whole Family: These events are designed to be inclusive and engaging for all ages.

Engage with Vendors and Speakers: Take advantage of the opportunity to ask questions, gather information, and connect with experts.

Network with Other Attendees: Building connections with other families can be incredibly valuable for support and community building.

Take Action: Use the knowledge and resources you gain at the expo to make positive changes in your family's health and well-being.

Conclusion

Black Family Wellness Expos are invaluable resources for the Black community, offering a unique blend of education, empowerment, and community building. By addressing the specific health needs and cultural nuances of Black families, these events play a vital role in improving health outcomes and fostering a sense of belonging. So, find an expo near you, bring your family, and experience the transformative power of community-focused wellness.

FAQs

1. Are Black Family Wellness Expos free to attend? Many expos are free or offer discounted admission, but some may charge a small fee. Check the event website for details on pricing and registration.
1. Are there activities for children at these expos? Absolutely! Many expos include children's activities, entertainment, and workshops designed to engage young people in healthy habits.
1. What types of health screenings are typically offered? Common screenings include blood pressure, cholesterol, glucose, and BMI checks. Specific screenings may vary depending on the event.

1. Do these expos offer resources for mental health? Yes, many expos include workshops and resources focused on mental health awareness, stress management, and coping strategies.
1. Can I find information about specific expos online? Yes, searching online using relevant keywords like "Black family wellness expo [your location]" or "African American health fair [your location]" will help you find upcoming events near you.

black family wellness expo: Black Family Today , 1998

black family wellness expo: Healing Grounds Liz Carlisle, 2022-03-10 Today, a new generation of farmers are working to heal both the land and agriculture's legacy of racism. In Healing Grounds, Liz Carlisle tells the stories of Indigenous, Black, Latinx, and Asian American farmers who are reviving their ancestors' methods of growing food--techniques long suppressed by the industrial food system. This, Carlisle shows, is the true regenerative agriculture: a holistic approach that values diversity in both plants and people. It has the power to combat climate change, but only if we reckon with agriculture's history of oppression. Through rich storytelling, Carlisle lays bare that painful history, while lifting up the voices of farmers who are working to restore our soil, our climate, and our humanity.

black family wellness expo: Cumulative List of Organizations Described in Section 170 (c) of the Internal Revenue Code of 1954 , 2002

black family wellness expo: Congressional Record United States. Congress, 2009 The Congressional Record is the official record of the proceedings and debates of the United States Congress. It is published daily when Congress is in session. The Congressional Record began publication in 1873. Debates for sessions prior to 1873 are recorded in The Debates and Proceedings in the Congress of the United States (1789-1824), the Register of Debates in Congress (1824-1837), and the Congressional Globe (1833-1873)

black family wellness expo: The 4th Annual Black Women's Expo and Job Fair Guide and Directory Shatona Groves,

black family wellness expo: Cumulative List of Organizations Described in Section 170 (c) of the Internal Revenue Code of 1986 , 2002

black family wellness expo: Mama Glow Latham Thomas, 2012-11-06 In Mama Glow, maternity lifestyle maven Latham Thomas shares the tips and techniques to support a blissful journey to motherhood. She shows you how to make room for your pregnancy, assess your current diet, banish toxic habits, and incorporate yoga to keep your mind, body, and spirit in balance. Throughout, you'll get tips to help reduce stress; alleviate common discomforts; demystify birth plans, labor coaches, and midwives; whip up pampering treats like homemade shea butter and coffee sugar scrub; and indulge in over 50 delicious, nutrient-rich recipes to nourish both you and your bun. Mama Glow also features a postpartum wellness plan to guide you back to your prebaby body, troubleshoot breastfeeding problems, and embrace your abundant new life. Mama Glow includes: • Illustrated exercises for a fit, fabulous, and comfortable pregnancy • Fleshed-out cleansing programs to boost fertility • A simple formula for deconstructing those crazy cravings • Yoga sequences designed for prepregnancy, each trimester, and postpartum • Checklists for your prenatal pantry, finding a birth coach, and packing your birth bag • Glow foods to help you snap back to your fab prebaby body As your certified glow pilot, Latham will guide you through every

stage of your pregnancy, giving you practical advice to make your journey a joyful and vibrant one.

black family wellness expo: Big Sis' Guide to Growing Up Donna L. Adams-pickett, Robert Abrams, Terrence Drayton, 2014-02 The path to puberty can be a difficult road to travel for any growing girl. This concise, easy to read overview provides a helpful blueprint for young ladies approaching this special time in their lives. Written by a board certified gynecologist, Big Sis' Guide to Growing Up takes away the stigma and mystery of the physical changes of adolescence in an informative, lighthearted manner. This puberty primer is a great resource for both pre-teen girls and their parents alike.

black family wellness expo: *The Black E.O.E. Journal* , 2003

black family wellness expo: *The Precipice of Mental Health* Achea Redd, 2022-05-03 The mental health crisis is worse than ever: In an age of increasing isolation, insecurity, and loss, people are suffering, and not everyone is able to afford or access the help that they need. Mental health activist Achea Redd wants to change that, because for her, it's personal. Though Redd seemingly led a charmed life as the daughter of a pastor and wife of NBA legend and former Olympian Michael Redd, the mother of two battled debilitating mental illness. In *The Precipice of Mental Health*, Redd shares her remarkably reflective story about the societal issues of mental health and her personal mental health struggles, including eating disorders, panic attacks, suicidal ideation, and the impact COVID-19 had on her battle. --

black family wellness expo: *Health Issues in the Black Community* Ronald L. Braithwaite, Sandra E. Taylor, Henrie M. Treadwell, 2009-10-22 *Health Issues in the Black Community* THIRD EDITION The outstanding editors and authors of *Health Issues in the Black Community* have placed in clear perspective the challenges and opportunities we face in working to achieve the goal of health equity in America. David Satcher, MD, PhD, 16th Surgeon General of the United States and director, Satcher Health Leadership Institute at Morehouse School of Medicine Eliminating health disparities must be a central goal of any forward thinking national health policy. *Health Issues in the Black Community* makes a valuable contribution to a much-needed dialogue by focusing on the challenges of the black community. Marc Morial, Esq., president, National Urban League *Health Issues in the Black Community* illuminates comprehensively the range of health conditions specifically affecting African Americans, and the health disparities both within the black community and between racial and ethnic groups. Each chapter, whether addressing the health of African Americans by age, gender, type of disease, condition or behavior, is well-detailed and tells an important story. Together, they offer practitioners, consumers, scholars, and policymakers a crucial roadmap to address and change the social determinants of health, reduce disparities, and create more equal treatment for all Americans. Risa Lavizzo-Mourey, MD, MBA, president, Robert Wood Johnson Foundation I recommend *Health Issues in the Black Community* as a must-read for anyone concerned about the future of the African American community. Health disparities continues to be one of the major issues confronting the black community. This book will help to highlight the issues and keep attention focused on the work to be done. Elsie Scott, PhD, president of the Congressional Black Caucus Foundation This book is the definitive examination of health issues in black America issues sadly overlooked and downplayed in our culture and society. I congratulate Drs. Braithwaite, Taylor, and Treadwell for their monumental book. Cornel West, PhD, professor, Princeton University

black family wellness expo: *Battle Cry* Jason Wilson, 2021-09-21 In a culture that tells men to suppress instead of express, join bestselling author, speaker, and leader Jason Wilson (featured in the award-winning ESPN documentary *The Cave of Adullam*) as he calls us to unlearn society's definition of masculinity and discover the power of engaging with our emotions. For decades, Jason was losing the war within--the internal battle that many men wage on a daily basis. He struggled to combat his toxic thoughts and emotions, communicating without composure, and ultimately hurting himself and his loved ones. When Jason began to release years of unresolved trauma, he learned how to acknowledge his emotions and express them in a healthy way. He discovered that he was strengthened by transparency and vulnerability, which taught him to forgive, trust, and love without limitations. Soon, Jason's newfound practices began to heal his relationships and transform his life.

Throughout his journey of opening up, Jason became a better husband, father, and leader--and you can, too. Supported by Biblical teachings, the lessons that Jason shares in *Battle Cry* teach us that we can all be empowered to break through what we've been through. Jason calls us to become better versions of ourselves, equipping us with the mental and spiritual weapons needed to redefine modern masculinity and showing us how to: embrace our emotions rather than be ruled by them win internal battles before they become external wars break free from misconstrued masculinity and embrace our humanity communicate more effectively with the people in our lives heal trauma from our past in order to live our fullest lives in the present *Battle Cry* proves that it's possible to live beyond the limitations of your mind and finally experience the full life you've always longed for. What are you waiting for? It's time to win the war within.

black family wellness expo: Searching for Sycorax Kinitra D. Brooks, 2018 *Searching for Sycorax* highlights the unique position of Black women in horror as both characters and creators. Kinitra D. Brooks creates a racially gendered critical analysis of African diasporic women, challenging the horror genre's historic themes and interrogating forms of literature that have often been ignored by Black feminist theory. Brooks examines the works of women across the African diaspora, from Haiti, Trinidad, and Jamaica, to England and the United States, looking at new and canonized horror texts by Nalo Hopkinson, NK Jemisin, Gloria Naylor, and Chesya Burke. These Black women fiction writers take advantage of horror's ability to highlight U.S. white dominant cultural anxieties by using Africana folklore to revise horror's semiotics within their own imaginary. Ultimately, Brooks compares the legacy of Shakespeare's *Sycorax* (of *The Tempest*) to Black women writers themselves, who, deprived of mainstream access to self-articulation, nevertheless influence the trajectory of horror criticism by forcing the genre to de-centralize whiteness and maleness.

black family wellness expo: Eat Pretty Jolene Hart, 2014-02-25 *Nutrition is the fastest-rising beauty trend around the world. Eat Pretty* simplifies the latest science and presents a userfriendly program for gorgeous looks, at any age, that last a lifetime. Buzzwords like antioxidants, biotin, and omega-3s are explained alongside more than 85 everyday foods, each paired with their specific beauty-boosting benefit: walnuts for supple skin, radishes for strong nails. But healthful ingredients are just one aspect of beauty nutrition. *Eat Pretty* offers a full lifestyle makeover, exploring stress management, hormonal balance, and mindful living. Charts and lists, plus nearly 20 recipes, make for a delicious and infinitely useful ebook—in the kitchen, at the grocer, and on the go.

black family wellness expo: Tick Tock Vicki Breitbart, Nan Bauer-Maglin, 2021-09-21 In this groundbreaking collection of essays, poems, and creative nonfiction, more than twenty-nine writers offer witty and incisive insight into the unique experience of being or having an older parent in today's world. By turns raw, funny, tender, and wise, these stories reshape our understanding of the social factors that impact later parenthood, honor the strength and resilience required to overcome countless challenges posed in healthcare and adoption settings, and relish in the many joys of a parent-child relationship, no matter what age. Writers, child development experts, and older parents themselves Vicki Breitbart and Nan Bauer-Maglin have curated a collection that truly affirms and destigmatizes the act of becoming a parent over 40, whether by choice or by chance. Contributors include New York Times bestselling author and National Book Award winner Elizabeth Acevedo; award-winning author Adam Berlin; writer and editor Laura Broadwell; author and editor Salma Abdelnour Gilman; professor and institute director Elizabeth Gregory; podcast producer and host Barbara Herel; author and research scholar Elline Lipkin; retired journalist Linda Wright Moore; founder and executive director of The Democracy Center Jim Shultz; and more.

black family wellness expo: Cancer Hates Tea Maria Uspenski, 2016-12-13 *Drink Tea to Tell Cancer 'Hit the Road'* Become a tea lover with a purpose and help your body defend itself against cancer. Learn to embrace tea in all its varieties— green, white, black, pu-erh, herbal and more—as both a mental and physical experience to protect your health. Discover the history, growing information and health implications of each variety, as well as uniquely delicious methods to boost your intake with serving suggestions, food pairings and recipes that highlight the benefits of tea. After her own battle with cancer, Maria Uspenski extensively researched tea and discovered

hundreds of studies that showed how powerful a five-cup-a-day (1.2 L) steeping habit could be. Tea is the most studied anti-cancer plant, with over 5,000 medical studies published on its health benefits over the past 10 years. By breaking down how tea works with your body's defenses against cancer in a lighthearted tone, Maria's serious research is approachable and relatable for anyone who is battling the disease or for family and friends of those fighting cancer. Start harnessing the wellness-promoting properties of tea and see your life change with an easy-to-follow three-week plan that gets tea polyphenols streaming through your system 24/7.

black family wellness expo: Budget-Friendly Plant-Based Diet Cookbook Kathy A. Davis, 2021-08-17 Learn how to eat well on a plant-based diet for \$50/week! Eating healthy on a budget can be a challenge. Doing so on a whole-food, plant-based diet can seem almost impossible. The Budget-Friendly Plant-Based Diet Cookbook proves it's both achievable and tasty to eat vegan on a budget. Discover more than 75 healthy, inexpensive plant-based recipes that will keep your taste buds jumping, your belly full, and your grocery bill in check. Explore new favorites: Sweet Potato Breakfast Hash, Ratatouille Pasta, Peanut Butter Energy Bites, and many more! This plant-based cookbook offers tips for frugal food shopping, clever ways to stretch your dollars, and strategies for longer-lasting leftovers. Plant-based basics—New to a plant-based diet? Find plant-based cooking methods and kitchen tips that spice up meal time while avoiding oil, salt, and sugar. Meal planning—Try the three-week meal plan for a whole-food, plant-based diet that only costs \$50 per week! Follow along or use it as a template to create your own plant-based meal plan. Price tagged—Each recipe includes nutritional information and the approximate price per serving to help you to stick to your budget. Save money and eat healthy with The Budget-Friendly Plant-Based Diet Cookbook.

black family wellness expo: Pretty Sick Caitlin M. Kiernan, 2017-09-19 The ultimate resource to looking your best during and after cancer treatment from a veteran beauty industry insider When beauty editor Caitlin Kiernan received the shattering diagnosis of cancer, she was obviously concerned about her health. But as a working professional, she knew she had to learn, quickly, how to look her best while feeling her worst. Caitlin called on her list of extensive contacts--from top medical doctors to hair stylists, makeup artists, and style mavens--to gather the best and most useful tips to offset the unpleasant effects of treatment. The result is this comprehensive beauty guide for women with cancer, covering every cosmetic issue, from skin care, to hair care, wig shopping, nail maintenance, makeup tricks, and much, much more. Illustrated with charming drawings by Jamie Lee Reardin and peppered with advice from celebrities and cancer survivors, *Pretty Sick* will be a welcome and trusted resource, helping women look and feel their best.

black family wellness expo: America, Goddam Treva B. Lindsey, 2023-08-08 One of the Best Nonfiction Books of 2022, Kirkus Reviews A righteous indictment of racism and misogyny.—Publishers Weekly A powerful account of violence against Black women and girls in the United States and their fight for liberation. Echoing the energy of Nina Simone's searing protest song that inspired the title, this book is a call to action in our collective journey toward just futures. *America, Goddam* explores the combined force of anti-Blackness, misogyny, patriarchy, and capitalism in the lives of Black women and girls in the United States today. Through personal accounts and hard-hitting analysis, Black feminist historian Treva B. Lindsey starkly assesses the forms and legacies of violence against Black women and girls, as well as their demands for justice for themselves and their communities. Combining history, theory, and memoir, *America, Goddam* renders visible the gender dynamics of anti-Black violence. Black women and girls occupy a unique status of vulnerability to harm and death, while the circumstances and traumas of this violence go underreported and understudied. *America, Goddam* allows readers to understand How Black women—who have been both victims of anti-Black violence as well as frontline participants—are rarely the focus of Black freedom movements. How Black women have led movements demanding justice for Breonna Taylor, Sandra Bland, Toyin Salau, Riah Milton, Aiyana Stanley-Jones, and countless other Black women and girls whose lives have been curtailed by numerous forms of violence. How across generations and centuries, their refusal to remain silent about violence against

them led to Black liberation through organizing and radical politics. America, Goddam powerfully demonstrates that the struggle for justice begins with reckoning with the pervasiveness of violence against Black women and girls in the United States.

black family wellness expo: Black Meetings & Tourism , 2007

black family wellness expo: *Reflections* , 2012

black family wellness expo: I'm Telling the Truth, but I'm Lying Bassey Ikpi, 2019-08-20

INSTANT NEW YORK TIMES BESTSELLER! In *I'm Telling the Truth, but I'm Lying* Bassey Ikpi explores her life—as a Nigerian-American immigrant, a black woman, a slam poet, a mother, a daughter, an artist—through the lens of her mental health and diagnosis of bipolar II and anxiety. Her remarkable memoir in essays implodes our preconceptions of the mind and normalcy as Bassey bares her own truths and lies for us all to behold with radical honesty and brutal intimacy. A The Root Favorite Books of the Year • A Good Housekeeping Best 60 Books of the Year • A YNaija 10 Notable Books of the Year • A GOOP 10 New Favorite Books • A Cup of Jo 5 Big Books of Fall • A Bitch Magazine Most Anticipated Books of 2019 • A Bustle 21 New Memoirs That Will Inspire, Motivate, and Captivate You • A Publishers Weekly Spring Preview Selection • An Electric Lit 48 Books by Women and Nonbinary Authors of Color to Read in 2019 • A Bookish Best Nonfiction of Summer Selection We will not think or talk about mental health or normalcy the same after reading this momentous art object moonlighting as a colossal collection of essays.” —Kiese Laymon, author of *Heavy* From her early childhood in Nigeria through her adolescence in Oklahoma, Bassey Ikpi lived with a tumult of emotions, cycling between extreme euphoria and deep depression—sometimes within the course of a single day. By the time she was in her early twenties, Bassey was a spoken word artist and traveling with HBO's Def Poetry Jam, channeling her life into art. But beneath the façade of the confident performer, Bassey's mental health was in a precipitous decline, culminating in a breakdown that resulted in hospitalization and a diagnosis of Bipolar II. In *I'm Telling the Truth, But I'm Lying*, Bassey Ikpi breaks open our understanding of mental health by giving us intimate access to her own. Exploring shame, confusion, medication, and family in the process, Bassey looks at how mental health impacts every aspect of our lives—how we appear to others, and more importantly to ourselves—and challenges our preconception about what it means to be normal. Viscerally raw and honest, the result is an exploration of the stories we tell ourselves to make sense of who we are—and the ways, as honest as we try to be, each of these stories can also be a lie.

black family wellness expo: Freedom Lessons Eileen Harrison Sanchez, 2019-11-12 Told alternately, by Colleen, an idealistic young white teacher; Frank, a black high school football player; and Evelyn, an experienced black teacher, *Freedom Lessons* is the story of how the lives of these three very different people intersect in a rural Louisiana town in 1969. Colleen enters into the culture of the rural Louisiana town with little knowledge of the customs and practices. She is compelled to take sides after the school is integrated—an overnight event for which the town's residents are unprepared, and which leads to confusion and anxiety in the community—and her values are tested as she seeks to understand her black colleagues, particularly Evelyn. Why doesn't she want to integrate the public schools? Frank, meanwhile, is determined to protect his mother and siblings after his father's suspicious death—which means keeping a secret from everyone around him. Based on the author's experience teaching in Louisiana in the late sixties, this heartfelt, unflinching novel about the unexpected effects of school integration during that time takes on the issues our nation currently faces regarding race, unity, and identity.

black family wellness expo: *The Unapologetic Guide to Black Mental Health* Rheeda Walker, 2020-05-01 An unapologetic exploration of the Black mental health crisis—and a comprehensive road map to getting the care you deserve in an unequal system. We can't deny it any longer: there is a Black mental health crisis in our world today. Black people die at disproportionately high rates due to chronic illness, suffer from poverty, under-education, and the effects of racism. This book is an exploration of Black mental health in today's world, the forces that have undermined mental health progress for African Americans, and what needs to happen for African Americans to heal psychological distress, find community, and undo years of stigma and marginalization in order to

access effective mental health care. In *The Unapologetic Guide to Black Mental Health*, psychologist and African American mental health expert Rheedra Walker offers important information on the mental health crisis in the Black community, how to combat stigma, spot potential mental illness, how to practice emotional wellness, and how to get the best care possible in a system steeped in racial bias. This breakthrough book will help you: Recognize mental and emotional health problems Understand the myriad ways in which these problems impact overall health and quality of life and relationships Develop psychological tools to neutralize ongoing stressors and live more fully Navigate a mental health care system that is unequal It's past time to take Black mental health seriously. Whether you suffer yourself, have a loved one who needs help, or are a mental health professional working with the Black community, this book is an essential and much-needed resource.

black family wellness expo: The Wellness Universe Guide to Complete Self-Care Anna Pereira, 2021-12-25 dedicated Wellness Universe experts. . . . come together to help you live a life of well-being, confidence, balance, and betterment in this powerful collaboration. The collective wisdom, expertise, and passion contained in the pages you're about to read is beyond what you can imagine. With the power of their authentic stories, and the master teaching of their tools, what you have in your hands supports you to live in your unique Goddess energy from a foundational, whole-person approach. This book is a natural extension of the power of The Wellness Universe community, and its mission to help make the world a better place. May all the joys in life you wish for and deserve be yours! Grab it now!

black family wellness expo: Run Baby Run Sarah Holiday, 2022-11-15 This is the personal testimony of Sarah Holiday's struggle and survival story of domestic violence.

black family wellness expo: Black Lives 1900: W.E.B. Du Bois at the Paris Exposition William Edward Burghardt Du Bois, 2019-10-29 How W.E.B. Du Bois combined photographs and infographics to communicate the everyday realities of Black lives and the inequities of race in America At the 1900 Paris Exposition the pioneering sociologist and activist W.E.B. Du Bois presented an exhibit representing the progress of African Americans since the abolition of slavery. In striking graphic visualisations and photographs (taken by mostly anonymous photographers) he showed the changing status of a newly emancipated people across America and specifically in Georgia, the state with the largest Black population. This beautifully designed book reproduces the photographs alongside the revolutionary graphic works for the first time, and includes a marvelous essay by two celebrated art historians, Jacqueline Francis and Stephen G. Hall. Du Bois' hand-drawn charts, maps and graphs represented the achievements and economic conditions of African Americans in radically inventive forms, long before such data visualization was commonly used in social research. Their clarity and simplicity seems to anticipate the abstract art of the Russian constructivists and other modernist painters to come. The photographs were drawn from African American communities across the United States. Both the photographers and subjects are mostly anonymous. They show people engaged in various occupations or posing formally for group and studio portraits. Elegant and dignified, they refute the degrading stereotypes of Black people then prevalent in white America. Du Bois' exhibit at the Paris Exposition continues to resonate as a powerful affirmation of the equal rights of Black Americans to lives of freedom and fulfilment. *Black Lives 1900* captures this singular work. American sociologist, historian, author, editor and activist W.E.B. Du Bois (1868-1963) was the most influential Black civil rights activist of the first half of the 20th century. He was a protagonist in the founding of the National Association for the Advancement of Colored People (NAACP) in 1909, and his 1903 book *The Souls of Black Folk* remains a classic and a landmark of African American literature.

black family wellness expo: Take My Hand Dolen Perkins-Valdez, 2023-04-04 Winner of the 2023 NAACP Image Award for Outstanding Literary Work - Fiction "Deeply empathetic yet unflinching in its gaze...an unforgettable exploration of responsibility and redemption."—Celeste Ng Inspired by true events that rocked the nation, a searing and compassionate new novel about a Black nurse in post-segregation Alabama who blows the whistle on a terrible injustice done to her patients, from the New York Times bestselling author of *Wench* Montgomery, Alabama, 1973. Fresh out of

nursing school, Civil Townsend intends to make a difference, especially in her African American community. At the Montgomery Family Planning Clinic, she hopes to help women shape their destinies, to make their own choices for their lives and bodies. But when her first week on the job takes her along a dusty country road to a worn-down one-room cabin, Civil is shocked to learn that her new patients, Erica and India, are children—just eleven and thirteen years old. Neither of the Williams sisters has even kissed a boy, but they are poor and Black, and for those handling the family's welfare benefits, that's reason enough to have the girls on birth control. As Civil grapples with her role, she takes India, Erica, and their family into her heart. Until one day she arrives at their door to learn the unthinkable has happened, and nothing will ever be the same for any of them. Decades later, with her daughter grown and a long career in her wake, Dr. Civil Townsend is ready to retire, to find her peace, and to leave the past behind. But there are people and stories that refuse to be forgotten. That must not be forgotten. Because history repeats what we don't remember. Inspired by true events and brimming with hope, *Take My Hand* is a stirring exploration of accountability and redemption. "Highlights the horrific discrepancies in our healthcare system and illustrates their heartbreaking consequences."—Essence

black family wellness expo: Jade's Secret Ingredients Ashley Finley, 2021-05-15 Jade is a little kid that sometimes has BIG feelings. But, she has a secret recipe just for them. Join Jade and Granny as they explore various emotions that arise during baking, and create simple strategies to manage them. *Jade's Secret Ingredients: A Recipe for Managing Feelings* is a fun and heartfelt story that breaks down emotional regulation into bite size pieces that readers of all ages can use.

black family wellness expo: Expo 58 Jonathan Coe, 2014 An English public employee becomes embroiled in a Soviet plot while he oversees the construction of an authentic British pub being showcased at the 1958 World's Fair in Brussels.

black family wellness expo: Conan Red Sonja Gail Simone, Jim Zub, 2015 Gail Simone and Jim Zub team up to bring together legendary warriors-Conan and Red Sonja! Spanning three eras in the lives of these classic characters, Conan and Red Sonja must become comrades to take down a twisted sorcerer priest hell-bent on creating a new age in Hyborian warfare! With the entire world in danger, can they stop the deadly Bloodroot-a toxic plant capable of wiping out entire worlds-from falling into the wrong hands? This volume collects issues #1-4 of the action-packed Conan Red Sonja miniseries from Dark Horse.

black family wellness expo: Community Mental Health Engagement with Racially Diverse Populations Alfiee M. Breland-Noble, 2020-05-22 Community Mental Health Engagement with Racially Diverse Populations summarizes research on reducing mental health disparities in underserved populations through community engagement programs. It discusses the efficacy of such programs with specific populations of people of color and cultures, for specific disorders, and via specific communities. It identifies how and why community engagement works with these populations, how best to set up new community programs, the steps and stakeholders to success, and includes case studies showing successes and the challenges involved. - Identifies how and why these programs achieve success through patient engagement - Explores efficacy with specific ethnicities and cultures - Discusses efficacy of programs through schools, churches, non-profits, and more - Includes case studies with their successes and challenges - Provides guidelines on the development and implementation of community programs

black family wellness expo: The Expo Files Stieg Larsson, 2014-01-07 Now almost exclusively known as the author of the bestselling Millennium Trilogy, Stieg Larsson was first and foremost a professional journalist and an untiring crusader for democracy and equality. Collected in English for the first time, the articles in this volume explore the human rights issues that formed the ideological foundation of his explosive trio of novels. Before he ever began his cycle of novels about the travails of Mikael Blomkvist and Lisbeth Salander, Stieg Larsson used the pulpit of the media to denounce right-wing extremism throughout Europe. A co-founder of the influential journal EXPO and its primary editor for many years, Larsson spoke out passionately against many of the worst crimes against women, minorities, and other disenfranchised communities. These unflinching articles

showcase Larsson's spare style and sly humor as he dissects many instances of persistent anti-humanist behavior and politics. Written with the urgency and economy of someone who knew that there is no time to waste when it comes to fighting the forces of bigotry, sexism, and racism, *The EXPO Files* is required reading not just for fans of the Millennium Trilogy, but everyone who applauds writers with the courage to denounce evil when they see it. From the Hardcover edition.

black family wellness expo: *The First Kennedys* Neal Thompson, 2022-02-22 "Here is that rare thing: an untold chapter in the Kennedy saga. . .Compelling and illuminating."—Jon Meacham Based on genealogical breakthroughs and previously unreleased records, this is the first book to explore the inspiring story of the poor Irish refugee couple who escaped famine; created a life together in a city hostile to Irish, immigrants, and Catholics; and launched the Kennedy dynasty in America. Their Irish ancestry was a hallmark of the Kennedys' initial political profile, as JFK leveraged his working-class roots to connect with blue-collar voters. Today, we remember this iconic American family as the vanguard of wealth, power, and style rather than as the descendants of poor immigrants. Here at last, we meet the first American Kennedys, Patrick and Bridget, who arrived as many thousands of others did following the Great Famine—penniless and hungry. Less than a decade after their marriage in Boston, Patrick's sudden death left Bridget to raise their children single-handedly. Her rise from housemaid to shop owner in the face of rampant poverty and discrimination kept her family intact, allowing her only son P.J. to become a successful saloon owner and businessman. P.J. went on to become the first American Kennedy elected to public office—the first of many. Written by the grandson of an Irish immigrant couple and based on first-ever access to P.J. Kennedy's private papers, *The First Kennedys* is a story of sacrifice and survival, resistance and reinvention: an American story.

black family wellness expo: *Black Newspapers Index* , 2009

black family wellness expo: *Chase's Calendar of Events 2010* Editors of Chase's Calendar of Events, 2009-10-16 The world's most unique reference book! About the Book Founded in 1957, and now with more than 12,500 entries, Chase's Calendar of Events has become the most comprehensive and authoritative reference available in the world on special days, weeks, and months (Chase's is the only reference for these), special events, national and international holidays, federal and state observances, international religious celebrations, celebrity birthdays, astronomical phenomena, major sporting events and more. Included are important historical and biographical anniversaries as well as celebrity birthdays. Coverage is international in scope, with national/independence days/major holidays for every nation on earth. Extensive coverage in particular of US, Canada, United Kingdom.

black family wellness expo: *The Hormone Connection* Patrick Flynn, 2018-09-21 In a world of political correctness, someone needs to take a stand and bring people the information they so desperately need to hear. Dr. Patrick Flynn, The Hormone Whisperer and founder of The Wellness Way Clinics, has decades of relentless study and experience in bringing people results. And in addition to improving the physical health of his patients, he's helped improve their emotional and relational health, as well. In this easy-to-read, straight-forward book, Dr. Patrick uses his no-nonsense approach and has his readers laughing and crying; ultimately giving them the tools they need to feel empowered and motivated and ready to take the next steps to improve their lives. This book will guide readers to the best physical, emotional, and relational health of their lives.

black family wellness expo: *The Bold World* Jodie Patterson, 2020-02-11 Inspired by her transgender son, activist Jodie Patterson explores identity, gender, race, and authenticity to tell the real-life story of a family's history and transformation. "A courageous and poetic testimony on family and the self, and the learning and unlearning we must do for those we love."—Janet Mock In 2009, Jodie Patterson, mother of five and beauty entrepreneur, has her world turned upside down when her determined toddler, Penelope, reveals, "Mama, I'm not a girl. I am a boy." The Pattersons are a tribe of unapologetic Black matriarchs, scholars, financiers, Southern activists, artists, musicians, and disruptors, but with Penelope's revelation, Jodie realizes her existing definition of family isn't wide enough for her child's needs. In *The Bold World*, we witness Patterson reshaping her own

attitudes, beliefs, and biases, learning from her children, and a whole new community, how to meet the needs of her transgender son. In doing so, she opens the minds of those who raised and fortified her, all the while challenging cultural norms and gender expectations. Patterson finds that the fight for racial equality in which her ancestors were so prominent helped pave the way for the current gender revolution. From Georgia to South Carolina, Ghana to Brooklyn, Patterson learns to remove the division between me and you, us and them, straight and queer—and she reminds us to celebrate her uncle Gil Scott Heron's prophecy that the revolution will not be televised. It will happen deeply, unequivocally, inside each and every one of us. Transition, we learn, doesn't just belong to the transgender person. Transition, for the sake of knowing more and becoming more, is the responsibility of and gift to all. The Bold World is the result, an intimate and exquisite story of authenticity, courage, and love. Praise for *The Bold World* "In *The Bold World*, Jodie Patterson makes a case for respecting everyone's gender identity by way of showing how she came to accept her son, Penelope. In tying that struggle to the struggle for race rights in this country during her own childhood, she paints a vivid picture of the permanent work of social justice."—Andrew Solomon, bestselling author of *The Noonday Demon* and *Far from the Tree*

black family wellness expo: Powershift Daymond John, Daniel Paisner, 2021-03-09 The bestselling author and star of ABC's *Shark Tank* reveals how to master the three prongs of influence: reputation, negotiation, and relationships. Have you ever wanted to make a big change in your life but weren't sure where to start? In *Powershift*, Daymond John shares the answer. To take control of your destiny and drive the change you want to see, you need to lay the groundwork so you're prepared to seize every opportunity that comes your way. And that means mastering • Influence—make an impression: Develop a reputation that highlights what you stand for. • Negotiation—make a deal: Hone a win-win negotiating style. • Relationships—make a connection last: Nurture those connections you make along the way. Through never-before-told stories from his life and career, Daymond shares the lessons that got him to where he is today: from how he remade his public image as he transitioned from clothing mogul to television personality, to how he mastered the negotiation strategies that determine whether deals are won or lost "in the tank," to his secrets for building long-lasting—and profitable—relationships with founders and brands. Throughout the book, some of the world's most successful personalities reveal how they shifted their power in meaningful ways: Kris Jenner on determining your value: "You don't have to go ask somebody else for permission. You have the power to be able to stick to your guns and demand your worth." Mark Cuban on finding and understanding your why: "Time is the one asset we don't own, we can't buy, and we can never get back." Pitbull on tapping into your inner power: "A lot of people feel that to be powerful is to exude strength. I think it's the total opposite. To be powerful is to be powerless. It's when you give everybody what you got." Whether you're an innovator working to turn your big idea into a reality, a professional looking to land a major promotion, or a busy parent trying to find more time to focus on what's really important to you, Daymond shows you how to shift your power and energy towards positive change.

black family wellness expo: Kamala and Maya's Big Idea Meena Harris, 2020-06-02 INSPIRED BY A TRUE STORY FROM THE CHILDHOOD OF VICE PRESIDENT KAMALA HARRIS! A beautiful, empowering picture book about two sisters who work with their community to effect change, inspired by a true story from the childhood of the author's aunt, Kamala Harris, and mother, lawyer and policy expert Maya Harris. "A must read for little girls around the world." —Elizabeth Warren, U.S. Senator from Massachusetts "An inspiring tale." —Stacey Abrams, Former Minority Leader, Georgia House of Representatives; Founder and Chair, Fair Fight Action "I love this book." —Megan Rapinoe, Co-Captain, U.S. Women's National Soccer Team One day, Kamala and Maya had an idea. A big idea: They would turn their empty apartment courtyard into a playground! This is the uplifting tale of how the author's aunt and mother first learned to persevere in the face of disappointment and turned a dream into reality. This is a story of children's ability to make a difference and of a community coming together to transform their neighborhood. A New York Times bestseller!

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