



# UVA Health

**Black History Month**  
**February 2023**



## **Theme**

**Black Resistance:  
Restoration and Resilience**

The Office of Diversity and Community Engagement  
<https://uvahealth.com/about/diversity>

*“This is a call to everyone, inside and outside the academy, to study the history of Black Americans’ responses to establish safe spaces, where Black life can be sustained, fortified, and respected.”*

### [The Origins of Black History Month](#)

“Each year the question is asked: Why does Black History Month occur in February? The relevance of February goes back to 1926, when ASALH’s founder [Dr. Carter G. Woodson](#) first established “Negro History Week” during the second week of February. And why that week? Because it encompasses the birthdays of Abraham Lincoln and Frederick Douglass—both men being great American symbols of freedom. However, Woodson never confined Negro History to a week. His life’s work and the mission of ASALH since its founding in 1915 represent a living testimony to the year-round and year-after-year study of African American history.”

“Teaching, promoting, researching, and preserving the African-American experience is just as important today as it was when Dr. Carter G. Woodson and others founded the Association for the Study of Negro Life and History in 1915.”

ASALH President, Dr. W. Marvin Dulaney



## [The 2023 Black History Month Theme](#)

The Association for the Study of African American Life and History 2023 Official Theme for Black History Month is:

### **Black Resistance**

*(UVA Health Theme: Black Resistance: Restoration and Resilience)*



The [ASALH](#) was established in 1915 by Carter G. Woodson, who founded Black History Month. ASALH's mission is to “promote, research, preserve, interpret and disseminate information about Black life, history and culture to the global community.” When Carter G. Woodson established Negro History week in 1926, he realized the importance of providing a theme to focus the attention of the public. The intention has never been to dictate or limit the exploration of the Black experience but to bring to the public's attention important developments that merit emphasis.

Black Resistance 2023 Theme: African Americans have resisted historic and ongoing oppression, in all forms, especially the racial terrorism of lynching, racial pogroms, and police killings since our arrival upon these shores. These efforts have been to advocate for a dignified self-determined life in a just democratic society in the United States and beyond the United States political jurisdiction. The 1950s and 1970s in the United States was defined by actions

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such as sit-ins, boycotts, walk outs, strikes by Black people and white allies in the fight for justice against discrimination in all sectors of society from employment to education to housing. Black people have had to consistently push the United States to live up to its ideals of freedom, liberty, and justice for all. Systematic oppression has sought to negate much of the dreams of our griots, like Langston Hughes and Zora Neale Hurston, and our freedom fighters, like the Rev. Dr. Martin Luther King, Jr., Septima Clark, and Fannie Lou Hamer fought to realize. Black people have sought ways to nurture and protect Black lives, and for autonomy of their physical and intellectual bodies through armed resistance, voluntary emigration, nonviolence, education, literature, sports, media, and legislation/politics. Black led institutions and affiliations have lobbied, litigated, legislated, protested, and achieved success.

In an effort to live, and maintain and protect economic success Black people have organized/planned violent insurrections against those who enslaved them, such as in Haiti, and armed themselves against murderous white mobs as seen in Memphis, TN (1892), Rosewood, FL (1923), and New Orleans, LA (1900). Additionally, some Black people thought that the best way to resist was to self-liberate as seen by the actions those who left the plantation system, of Henry Adams and Benjamin “Pap” Singleton, when they led a mass exodus westward in 1879 and Bishop Henry McNeal Turner of the African Methodist Episcopal Church, who organized emigration to Liberia.

Black faith institutions were spaces where Black communities met to organize resistance efforts, inspired folk to participate in the movements, and offered sanctuary during times of crisis. To promote awareness of the myriad of issues and activities media outlets were developed including radio shows, podcasts, newspapers (i.e. Chicago Defender, Chicago Bee, the Afro, The California Eagle, Omaha Star, the Crisis, etc.). Ida B. Wells used publications to contest the scourge of lynching. These outlets were pivotal in sharing the successes and challenges of resistance movements. Cultural centers such as libraries including George Cleveland Hall Library (Chicago, IL), Dart Hall (Charleston, SC) and social, literary, and cultural clubs, such as Jack and Jill, Phillis Wheatley Literary Societies, fraternal and sororal orders, associations (i.e. Association for the Study of Negro Life and History, National Association of

Colored Women, etc.) worked to support the intellectual development of communities to collect and preserve Black stories, sponsor Black history and literature events, and were active in the quest for civil, social, and human rights.

Black medical professionals worked with others to establish nursing schools, hospitals, and clinics in order to provide spaces for Black people to get quality health care, which they often did (and do not) receive at mainstream medical institutions. For economic and financial independence businesses, such as Binga Bank, Johnson Publishing Company, Parker House Sausage Company, Soft and Sheen, etc., were developed to keep funds within the community. In order to resist inequality and to advocate for themselves Black men and women formed labor unions based on trades and occupations, some examples, include the Colored National Labor Union, Colored Musicians Club, Coalition of Black Trade Unionists, and Negro American Labor Council.

Education, whether in elementary, secondary, or higher education institutions have been seen as a way for Black people and communities to resist the narrative that Black people are intellectually inferior. When Carter G. Woodson founded Negro History Week (NHW) in 1926, he saw it as a way to provide a space and resources to critically educate students about their history. The grassroots network of Black teachers used this week not only to lionize individuals and narratives, but also to teach students about racial progress, and as well as shared and collective responsibility. They developed assignments and curriculum to provide students with the tools to succeed. Historically Black Colleges and Universities (HBCUs), were developed by Northern white philanthropists, but they emerged as a space for the formation of activists, artists, business owners, educators, etc. and their continued operation have stood as testament to Black investment and creative thinking in the face of the changing landscape of higher education. Furthermore, students at HBCUs were at the forefront of the Civil Rights Movement, Black Power Movements, and social justice movements from the nineteenth to twenty-first centuries.

African American spirituals, gospel, folk music, hip-hop, and rap have been used to express struggle, hope, and for solidarity in the face of racial oppression. Music has been used to illustrate societal issues including white and state sanctioned violence (i.e. Billie Holiday's *Strange Fruit*), sexual politics (i.e. Salt-N-Pepa's *Let's Talk About Sex*), as motivation, for strength against harassment, and to experience freedom. The Black artists, writers, photographers, and musicians who participated in the Black Arts Movement, the Harlem Renaissance, and the Chicago Black Renaissance were the soundtrack and the visual representation of resistance movements. These individuals created art that supported the resistance movements, but also provided a space for Black people to express love and joy. Creatives used poetry, fiction, short stories, plays, films, and television to counter stereotypes and to imagine a present and future with Black people in it.

Sports are a world pastime, and it both brings people together and separates them. Black athletes have used sports as a way to advocate for social issues and for political agendas. Serena Williams, Flo Jo, Jesse Owens, Tommie Smith, John Carlos, Jackie Robinson, Colin Kaepernick, Simone Biles, and many others have used their public forum to bring awareness to issues that affect society as they resisted the idea that they cannot or should not speak about political, cultural, or social issues. Black athletic activists have often suffered personal and economic consequences due to their stances, speech, and actions, but to them it has been worth it to see changes.

Historically and today in the 21st century, Black people have worked the political angle to seek their rightful space in the country. Where race is concerned, legislative or judicial action to deal with controversial issues has often come late. The historic Executive Orders 8802 and 9346 were responses to A. Phillip Randolph and the all-Black March on Washington Movement's threat to lead a 50,000-strong Black worker's march into Washington, D.C. And all three of the Civil Rights Act, the Voting Rights Act and the Fair Housing Act were concessions to the Civil Rights and Black Power movements. Every advance, improvement in our quality of life and access to the levers of power to determine our destiny has been achieved through struggle. John Lewis advised, "Do not get lost in a sea of despair. Be hopeful, be optimistic. Our struggle is

not the struggle of a day, a week, a month, or a year, it is the struggle of a lifetime. Never, ever be afraid to make some noise and get in good trouble, necessary trouble.”

Lewis’ advice is true not just for the 21st century, but also during the antebellum period, as seen in the narratives of the enslaved, such as Frederick Douglass and Harriet Jacobs, to testimonials about lynchings and ongoing police violence against African Americans. With the murders of Trayvon Martin, Michael Brown, Sandra Bland, Breonna Taylor, and thousands of other Black women, men, and trans people there are new movements (i.e. #Sayhername) and organizations (i.e. Black Lives Matter) that are pushing for the justice system to investigate police involved shootings and white supremacist vigilantes. Nearly 179 years ago, the Rev. Henry Highland Garnett proposed that the only path to freedom, justice, and equality; self-determination; and/or social transformation is resistance. In thunder tones, Garnett shouted, “Let your motto be resistance! resistance! RESISTANCE!”

By resisting Black people have achieved triumphs, successes, and progress as seen in the end of chattel slavery, dismantling of Jim and Jane Crow segregation in the South, increased political representation at all levels of government, desegregation of educational institutions, the passage of Civil Rights Act of 1964, the opening of the Smithsonian National Museum of African American History in DC and increased and diverse representation of Black experiences in media. Black resistance strategies have served as a model for every other social movement in the country, thus, the legacy and importance of these actions cannot be understated.

As societal and political forces escalate to limit access to and exercise of the ballot, eliminate the teaching of Black history, and work to push us back into the 1890s, we can only rely on our capacity to resist. The enactment of HR 40, the John Lewis Voting Rights Act, the Breathe Act, and the closure of the racial wealth gap is not the end. They too will require us to mobilize our resources, human and material, and fight for “freedom, justice, and equality”; “self-determination”, and/or “social transformation.”

This is a call to everyone, inside and outside the academy, to study the history of Black Americans' responses to establish safe spaces, where Black life can be sustained, fortified, and respected.

[2022 Black History Theme Executive Summary \(asalh.org\)](https://www.asalh.org/2022-Black-History-Theme-Executive-Summary)

## **UVA Health Acknowledges Black History Month**

### **Mission Statement:**

As we acknowledge, bring awareness, and celebrate The 2023 Black History Month Theme; Black Resistance: Restoration and Resilience, we are dedicated to standing with our Black patients, visitors, team members, and students in recognizing the importance of resisting health inequities and striving to improve community health by addressing social determinants of health. We acknowledge the rich local history and lived experiences of Black Resistance throughout the UVA Health and Charlottesville - Albemarle County Community and seek to engage, collaborate and partner together in our mission of “transforming health and inspiring hope for all Virginians and beyond.” As we celebrate Black History Month, we also strive to bring awareness to the many Black members of UVA Health that have and continue to contribute to our vision “to be the nation’s leading public academic health system and a best place to work — while transforming patient care, research, education, and engagement with the diverse communities we serve.”

### **Goals and Objectives:**

1. Celebrate the significance of Black Resistance in our shared history
2. Acknowledge Injustices within the Black Experience
3. Educate about Health Inequities and the Social Determinates of Health
4. Inspire Action for Strategic Justice, Equity, Diversity, and Inclusion (J.E.D.I.) Goals
5. Cultivate a sense of hope and capacity to build a more inclusive community

### **Reflection Questions:**

1. Why is it important to acknowledge the past and present health injustices in our healthcare concerning the Black community?

2. What concepts, frameworks, and tools can we utilize to access the social determinants of health within the Black community?
3. When do we envision implementing strategic goals that address and inspire a sense of hope and belonging for the Black community?
4. How do we engage, enhance and empower equitable spaces and inclusive places for the Black community to flourish?
5. Whose voices need to be centered to acknowledge the significant history and positive forward movement of Black Resistance?

### **Timelines**

- I. [Celebrating 10 African-American medical pioneers | AAMC](#)
- II. [Honoring Black Americans' Contributions to Medicine | AAFP](#)
- III. [Health and race disparities in America have deep roots: A brief timeline](#)
- IV. [UVA History From a Black Perspective](#)
- V. [Black History:Black History Milestones: Timeline - HISTORY](#)
- VI. [Timeline of the Post-Civil Rights Era - HISTORY](#)
- VII. [Massive Resistance | Virginia Museum of History & Culture \(virginiahistory.org\)](#)

### **Aspire Value:**

Equity, Diversity, and Inclusion: Promoting an environment of inclusivity, equity, and respect for our patients, visitors, team members, and students, and striving to improve community health by addressing social determinants of health.

### **Working Definitions:**

**Health Inequities:** refers to avoidable differences in health between different groups of people. These widespread differences are the result of unfair systems that negatively affect people's living conditions, access to healthcare, and overall health status. Health inequity affects people from disadvantaged or historically oppressed groups most severely.

**Social Determinants of Health:** (SDOH) are the conditions in the environments where people are born, live, learn, work, play, worship, and age that affect a wide range of health, functioning, and quality-of-life outcomes and risks.

## [The Five Key Areas of SDOH](#)

1. Economic Stability.
2. Education Access and Quality.
3. Health Care Access and Quality.
4. Neighborhood and Built Environment
5. Social and Community Context

## [Post Traumatic Slave Syndrome](#)

### [Race - Based Trauma](#)

### [Culture Somatics](#)

### [Historical Trauma](#)

### [Epigenetics](#)

### [The Epigenetic Connection to Black Disparity](#)

### [Post - Traumatic Growth and Resilience](#)

## **Health Disparities Topic Guide:**

[https://guides.hsl.virginia.edu/health\\_disparities/](https://guides.hsl.virginia.edu/health_disparities/)

## **Anti-Racist Resources Topic Guide:**

<https://guides.hsl.virginia.edu/antiracist>

## **Racism in Healthcare and Health Sciences Education:**

[https://guides.hsl.virginia.edu/Racism\\_in\\_Healthcare/.3](https://guides.hsl.virginia.edu/Racism_in_Healthcare/.3)

## **Concepts/Theories/Models**

[Coming To The Table | Taking America Beyond the Legacy of Enslavement](#)

[Restorative justice? What's that? | Zehr Institute \(zehr-institute.org\)](#)

[Home - GirlTrek](#)

[The Nap Ministry | Rest is Resistance](#)

The Office of Diversity and Community Engagement

<https://uvahealth.com/about/diversity>

# Calendar of Events:

## The UVA Common Book Read

NEW YORK TIMES BESTSELLER

Rest is Resistance: A MANIFESTO

From the founder and creator of [The Nap Ministry](#), Rest Is Resistance is a battle cry, a guidebook, a map for a movement, and a field guide for the weary and hopeful.

This book is rooted in spiritual energy and centered in Black liberation, womanism, somatics, and Afrofuturism. With captivating storytelling and practical advice, all delivered in Hersey's lyrical voice and informed by her deep experience in theology, activism, and performance art, Rest Is Resistance is a call to action and manifesto for those who are sleep deprived, searching for justice, and longing to be liberated from the oppressive grip of Grind Culture.

Free copies are available at the [Claude Moore Health Science Library](#)



Pick up your free copy of the 2023 MLK, Jr Community Read, "Rest is Resistance" at the HSL Service Desk, while supplies last!

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<https://uvahealth.com/about/diversity>

## **Thursday, February 2, 2023**

**Title: UVA Common Book Read: Rest is Resistance: A Manifesto by Tricia Hersey, aka The Nap Bishop**

**Time: Thursdays, February 2 -February 23, 2023 from 4pm - 5pm**

**Sponsor: [School of Nursing Diversity, Equity and Inclusion](#)**

**Description: Part one: REST! Week 1 -February 2nd**

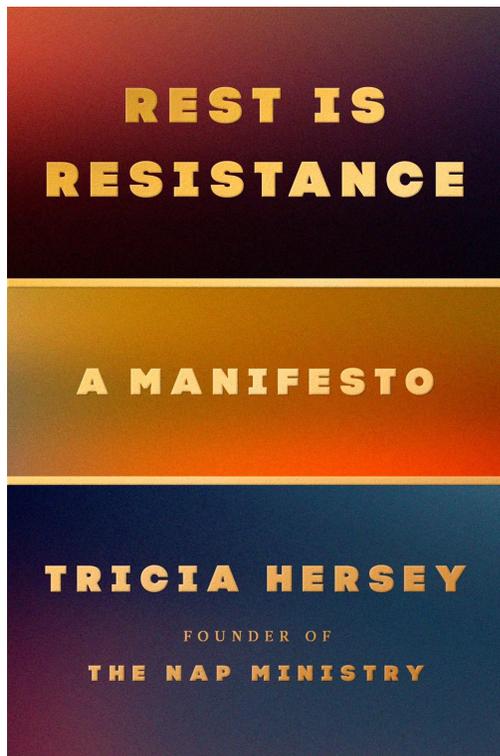
Part two: DREAM! Week 2 -February 9th

Part three: RESIST! Week 3 -February 16th

Part Four: IMAGINE Week 4 -February 23rd

Books for this discussion will be given out on the First Floor of the Claude Moore Nursing Education Building (outside of the DEI Office -CMN 1004)

**Location: Room 2010 in McLeod Hall**



**Sunday, February 5, 2023**

**Title:** The Jason Max Ferdinand Singers

**Time:** 3pm - 5pm

**Sponsor:** [The UVA Division for Diversity, Equity, and Inclusion](#)

**Description:** Jason Max Ferdinand serves as the Director of Choral Activities at the University of Maryland, College Park. A native of Trinidad and Tobago, Ferdinand received his Bachelor of Arts in Piano Performance from Oakwood College (now Oakwood University), his Master of Arts in Choral Conducting from Morgan State University, and his Doctor of Musical Arts in Choral Conducting from the University of Maryland. He attributes a lot of his success to the many influential people and experiences that helped shape him into who he is today. Join us for a free performance from Ferdinand's newly formed ensemble: The Jason Max Ferdinand Singers. This event is free and open to all. No tickets are required.

**Location:** Old Cabell Hall



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**Tuesday, February 7, 2023**

**Awareness Spotlight - (Social Media Campaign)**

**[National Black HIV/AIDS Awareness Day](#)**

National Black HIV/AIDS Awareness Day (Feb 7) is a day to address the impact of HIV on Black communities. Together, we can make HIV Black history by working to overcome structural barriers to HIV testing, prevention, and treatment. <https://bit.ly/3BGGgtT> #NBHAAD [#StopHIVTogether](#)



**Awareness Spotlight - (Self-Directed)**

**[AFRICAN HERITAGE AND HEALTH WEEK - February 7-13, 2023 - National Today](#)**

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**Title:** UBUNTU Healing Circle (resilience space for Black bodies)

**Time:** Every Tuesday from 12pm - 1pm

**Sponsor:** [Community Healing Network](#)

**Description:** *"We are each others' medicine"* –Mama Rashida Forman-Bey, Wombwork Productions, Baltimore, MD Ubuntu Healing Circles are spaces for *Black bodies, minds, and spirits* to experience safety, love, and strength from *each other* in times of acute need.

**Location:** Virtual

**[Click to Register](#)**



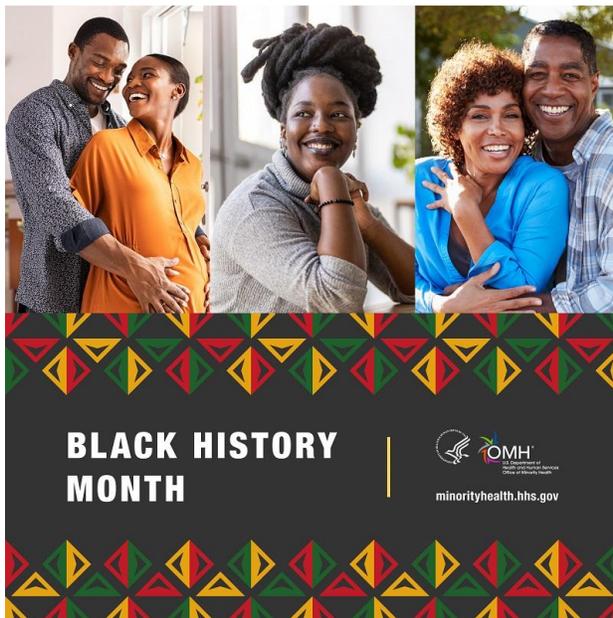
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## Online Webinars

Celebrate [Black History Month](#) with The [HHS Office of Minority Health](#)

Black History Month, observed February 1 – March 1, recognizes the generations of Black and African American individuals who struggled with adversity and celebrates their many contributions to the United States. This year, the HHS Office of Minority Health (OMH) is focused on the role of food insecurity and nutrition in the overall health of Black and African American communities. You can access this information by:

- Visiting our [Black History Month website](#)
- Subscribing to the [FYI: Weekly Health Resources](#)
- Following us on [Twitter](#), [Facebook](#), and [Instagram](#)



**Title:** History of Racism in U.S. Health Care: Root Causes of Today's Hierarchy and Systems of Power

**Guest Speaker:** [Harriet A. Washington, MA](#)

Award-winning Medical Writer, Ethicist, Author of Medical Apartheid

**Time:** 2:00pm

**Sponsor:** [National Health Equity Grand Rounds](#)

**Description:** In health care, we are united by our belief in providing the highest quality care to every patient. To do so, we must better understand the past, and work intentionally toward a healthier future. This inaugural event in the National Health Equity Grand Rounds series will highlight the root causes of present-day health inequities by tracing the social, economic, political, geographic, and environmental forces that shape opportunity for health in the United States. Keynote speaker Harriet A. Washington, MA, author of Medical Apartheid, will explore the history of structural inequities in health care and unethical medical experimentation followed by a panel conversation moderated by American Medical Association (AMA) Chief Health Equity Officer Aletha Maybank, MD, MPH, and featuring Rupa Marya, MD, Jack Resneck, Jr., MD, and David Ansell, MD, MPH.

**Location:** Virtual

[Click to Register](#)



**Title:** Live with Leadership to Commemorate National Black HIV/AIDS Awareness Day

**Time:** 2:30pm - 3:00pm

**Sponsor:** [The Office of Infectious Disease and HIV/AIDS Policy \(OIDP\)](#)

**Description:** This webinar will be a specific follow up on last year's conversation focusing on HIV in Black/African American communities and provide an update on implementing the Ending the HIV Epidemic in the U.S. initiative and the National HIV/AIDS Strategy (2022–2025) (NHAS). The session will also highlight the recent “I am a Work of ART” campaign, which highlights a group of people with HIV, who share personal stories about getting into care and using antiretroviral therapy (ART) to achieve viral suppression.

[National Black HIV/AIDS Awareness Day](#) (NBHAAD) is observed annually on February 7. Governed by the Strategic Leadership Council, NBHAAD began in 1999 as a national response to the growing HIV and AIDS epidemic in African American communities. It has developed into an initiative with four key focus areas encouraging African Americans to:

Get Educated about HIV.

Get Involved in community prevention efforts.

Get Tested to know their HIV status.

Get Treated to receive the care needed to live with HIV.

**Location:** Virtual

[Click to Register](#)



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## **UVA Health Special Event**

### **Wednesday, February 8, 2023**

**Title: Keynote Presentation:** Massive Resilience: Cultivating Equity and Justice for Seven Generations

**Guest Speaker:** [Dr. Ram Bhagat](#)

**Time:** 10am - 11am

**Sponsor:** [The UVA Office of Diversity and Community Engagement](#)

**Description:** Dr. Ram Bhagat is a longtime educator, arts innovator, peacemaker, and community healer who has been teaching and transforming communities for 35 years. Dr. Bhagat is committed to healing trauma in our classrooms, schools, and communities. Ram is an international conflict resolution trainer, specialist in arts integration, and certified in restorative justice. He is a master teacher of culturally responsive peacemaking circles, racial healing, trauma awareness & resilience, yoga and mindfulness.

**Location:** Hybrid (in-person location TBA/Register for Virtual Attendance)

[Click to Register](#)

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**Title:** Diversity Dialogue with Dr. Downs: Episode II

**Host:** [Dr. Tracy M. Downs](#)

**Facilitator:** [Melody M. Pannell](#)

**Guest Speaker:** [Dr. Ram Bhagat](#)

**Time:** 11am - 12pm

**Sponsor:** [The UVA Office of Diversity and Community Engagement](#)

**Description:**

**Location:** Hybrid (in - person location TBA/Register for Virtual Attendance)

[Click to Register](#)

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**Title:** Drum Circle: The Art of Resistance and Healing

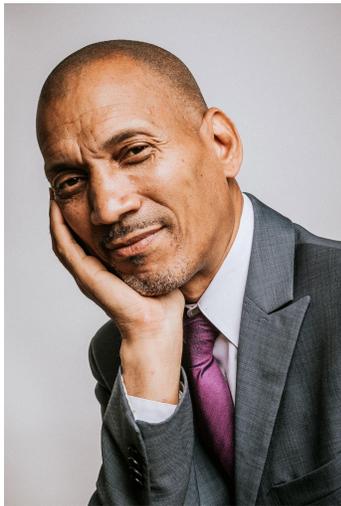
**Guest Facilitator:** [Dr. Ram Bhagat](#)

**Time:** 1pm - 2pm

**Sponsor:** [The UVA Office of Diversity and Community Engagement](#)

**Description:** Engage in this healing drum circle. “Rhythm is universal. I use the drum to unite people of all ages, of all races, to lead to understanding and healing. I believe there is a heartbeat that connects us all.” — Dr Ram Bhagat

**Location:** In - Person/Location TBA



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### **Thursday, February 9, 2023**

**Title:** UVA Common Book Read: Rest is Resistance: A Manifesto by Tricia Hersey, aka The Nap Bishop

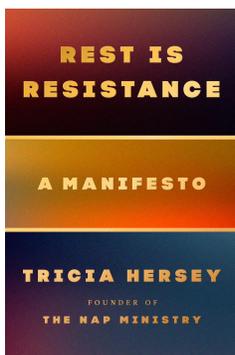
**Time:** 4pm - 5pm

**Sponsor:** [School of Nursing Diversity, Equity and Inclusion](#)

**Description:** Part two: DREAM! Week 2 - February 9th

Books for this discussion will be given out on the First Floor of the Claude Moore Nursing Education Building (outside of the DEI Office -CMN 1004)

**Location:** Room 2010 in McLeod Hall



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**Title:** The Intractability of Health Disparities: Where Do We Go From Here?

**Guest Speaker:** [Consuelo H. Wilkins, M.D., MCSI](#)

**Time:** 11am - 12pm

**Sponsor:** [National Institute on Minority Health and Health Disparities](#)

**Description:** Consuelo H. Wilkins, M.D., MCSI, is a nationally recognized physician-scientist leader in health equity research focused on integrating social, cultural, and environmental factors into clinical and translational research. Dr. Wilkins is a Professor of Medicine in the Division of Geriatric Medicine within the Department of Medicine at Vanderbilt University Medical Center. She is the 2023 NIMHD Director's Seminar Series Black History Month speaker and her talk will be "The Intractability of Health Disparities: Where Do We Go from Here?"

**Location:** Virtual Videocast

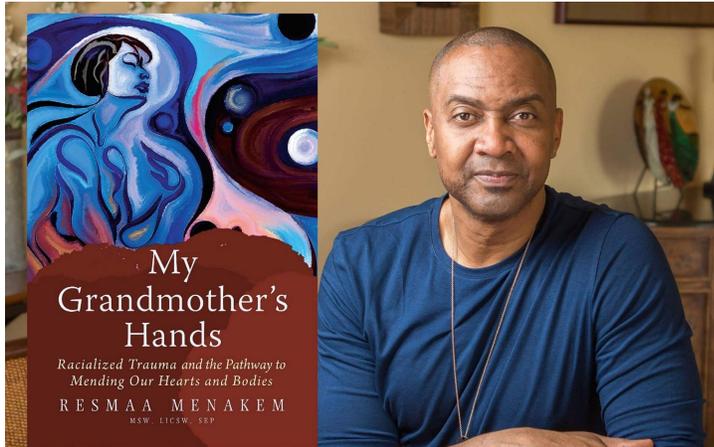
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**Monday, February 13, 2023**

**Self-Directed Training**

**Title: Cultural Somatics Training Institute Free 5 Session ECourse**



**Description:** “My name is [Resmaa Menakem](#). I am the author of "101 Tips for Emerging Justice Leaders" as well as "Rock the Boat". And my current book is called "[My Grandmother's Hands: How to Heal Racialized Trauma in our Minds and our Bodies.](#)" So one of the things that this course is designed to do is really help people begin to confront this idea or these ideas revolving around racialized trauma, the impact of it, and how it begins to move through generations.”

[Click to Register](#)

**Tuesday, February 14, 2023**

**Title: UBUNTU Healing Circle (resilience space for Black bodies)**

**Time: Every Tuesday from 12pm - 1pm**

**Sponsor: [Community Healing Network](#)**

**Description:** “*We are each others’ medicine*” –Mama Rashida Forman-Bey, Wombwork Productions, Baltimore, MD Ubuntu Healing Circles are spaces for *Black bodies, minds, and spirits* to experience safety, love, and strength from *each other* in times of acute need.

**Location: Virtual**

[Click to Register](#)

**Wednesday, February 15, 2023**

**Title:** February Lunch and Learn

**Time:** 12pm - 1pm

**Sponsor:** [The University of Virginia Physicians Group](#)

**Description:** It is with gratitude that we welcome Leslie Scott-Jones from the Jefferson School African American Heritage Center to our virtual space on February 15th. She will be discussing all that the center is working towards in our community and answering any questions our team members have. The JSAAHC has a mission to “honor and preserve the rich heritage and legacy of the African-American community of Charlottesville-Albemarle, Virginia and to promote a greater appreciation for, and understanding of, the contributions of African Americans and peoples of the Diaspora locally, nationally and globally.”

**Location:** Virtual

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**Thursday, February 16, 2023**

**Title:** Rest is Resistance: Black Women Respond to the Manifesto

**Guest Panel Members:** TBA

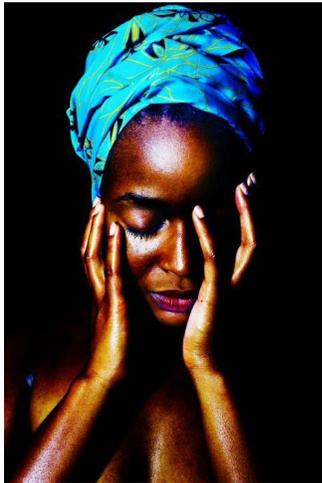
**Time:** 12pm - 1:30pm

**Sponsor:** [The UVA Office of Diversity and Community Engagement](#)

**Description:** Rest Is Resistance is a call to action, a battle cry, a field guide, and a manifesto for all of us who are sleep deprived, searching for justice, and longing to be liberated from the oppressive grip of Grind Culture.

**Location:** Virtual

[Click to Register](#)



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**Title: UVA Common Book Read:** Rest is Resistance: A Manifesto by Tricia Hersey, aka The Nap Bishop

**Time:** 4pm - 5pm

**Sponsor:** [School of Nursing Diversity, Equity and Inclusion](#)

**Description:** Part three: RESIST! Week 3 -February 16th

Books for this discussion will be given out on the First Floor of the Claude Moore Nursing Education Building (outside of the DEI Office -CMN 1004)

**Location:** Room 2010 in McLeod Hall

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**Friday, February 17, 2023**

**Title:** Black Resilience Training: The Inner Work of Racial Justice: Healing Ourselves and Transforming Our Communities Through Mindfulness

(Author Rhonda V. Magee)

**Facilitator:** Melody M. Pannell

**Time:** 12:00pm - 1:00pm

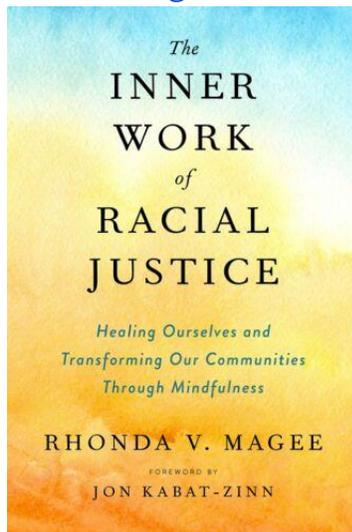
**Sponsor:** [The UVA Office of Diversity and Community Engagement](#)

**Description:**

In a society where unconscious bias, microaggressions, institutionalized racism, and systemic injustices are so deeply ingrained, healing is an ongoing process. When conflict and division are everyday realities, our instincts tell us to close ranks, to find the safety of those like us, and to blame others. This book profoundly shows that in order to have the difficult conversations required for working toward racial justice, inner work is essential. Through the practice of embodied mindfulness--paying attention to our thoughts, feelings, and physical sensations in an open, nonjudgmental way--we increase our emotional resilience, recognize our own biases, and become less reactive when triggered.

**Location:** Virtual

[Click to Register](#)



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**Title:** Black History Month Gospel Concert

**Time:** 6pm

**Sponsor:** [The University of Virginia Division for Diversity, Equity and Inclusion](#)

**Description:** [The University of Virginia Division for Diversity, Equity, and Inclusion presents Black History Month Gospel Concert.](#) The concert will feature Grammy-nominated and Stellar Award-winning artist [Jonathan McReynolds](#), with a special performance by [DOE](#). Admission is free and open to the community. This concert is presented in partnership with the [UVA Office of African American Affairs](#), [Total Praise with Chucky Hayes](#) on 101.3 JAMZ, [In My Humble Opinion](#) on 101.3 JAMZ, [Black Professional Network of Charlottesville](#), and [Strong Quality Music](#).

**Location:** The Paramount Theater

[Click for Tickets](#)

## **Tuesday, February 21, 2023**

**Title:** UBUNTU Healing Circle (resilience space for Black bodies)

**Time:** Every Tuesday from 12pm – 1pm

**Sponsor:** [Community Healing Network](#)

**Description:** “*We are each others’ medicine*” –Mama Rashida Forman-Bey, Wombwork Productions, Baltimore, MD Ubuntu Healing Circles are spaces for *Black bodies, minds, and spirits* to experience safety, love, and strength from *each other* in times of acute need.

**Location:** Virtual

[Click to Register](#)



The Office of Diversity and Community Engagement  
<https://uvahealth.com/about/diversity>

## Thursday, February 23, 2023

**Title:** UVA Common Book Read: Rest is Resistance: A Manifesto by Tricia Hersey, aka The Nap Bishop

**Time:** 4pm - 5pm

**Sponsor:** [School of Nursing Diversity, Equity and Inclusion](#)

**Description:** Part Four: IMAGINE Week 4 -February 23rd

Books for this discussion will be given out on the First Floor of the Claude Moore Nursing Education Building (outside of the DEI Office -CMN 1004)

**Location:** Room 2010 in McLeod Hall

## Tuesday, February 28, 2023

**Title:** UBUNTU Healing Circle (resilience space for Black bodies)

**Time:** Every Tuesday from 12pm - 1pm

**Sponsor:** [Community Healing Network](#)

**Description:** “*We are each others’ medicine*” –Mama Rashida Forman-Bey, Wombwork Productions, Baltimore, MD Ubuntu Healing Circles are spaces for *Black bodies, minds, and spirits* to experience safety, love, and strength from *each other* in times of acute need.

**Location:** Virtual

[Click to Register](#)



**Title:** The 11th Annual Dr. Martin Luther King, Jr. UVA Health Award Ceremony  
“Celebrating the Dream...Continuing the Journey: Transforming Health and Inspiring Hope”

**Guest Speaker:** Dr. Pamela Ross, 2013 MLK, Jr. UVA Health Award Winner

**Time:** 5:00pm

**Sponsor:** [The UVA Office of Diversity and Community Engagement](#)

**Description:** Honoring the 2023 Award Winners:

Juliana Bueno, MD

A. Rashard Dacus, MD

Akua Nyarko-Odoom

David E. Simmons, Jr., MSN, RN, CNN

Timothy A. Pierce, PharmD, MSHA

**Location:** Hybrid

In-person location: Pinn Hall Conference Center Auditorium

Register for Virtual Attendance

[Click to Register](#)



## **Other Calendar of Black History Community Events/Newsletters**

[Black History Month \(mailchi.mp\)](#)

[Black History Month | Virginia.gov](#)

[OAAA E-Weekly January 30, 2023 | Office of African-American Affairs \(virginia.edu\)](#)

[UVA Wise Hosts Black History Month Lecture Series and Soulfest in February | UVA Wise](#)

## **Black History Month Books/Resources**

[BLACK HISTORY MONTH | The UVA Bookstores](#)

### **Additional Related Resources:**

<https://www.blkhlth.com/>

<https://www.abfe.org/wp-content/uploads/2014/04/ABFE-Black-Facts-Health-and-Wellness.pdf>

<https://www.blackmentalwellness.com/>

[Racism, Inequality, and Health Care for African Americans](#)

[How Racism Makes Us Sick](#)

[What is Health Equity?](#)

[The Color of Medicine](#)

[Truth, Racial Healing and Transformation](#)

[Racial Wealth Gap](#)