

HEALTHY & WELL

With this year's Black History Month theme being black health and wellness, here's a background of Black History Month, the meaning of this year's theme and ways you can support the community

WHAT IS ASALH?

Association for the Study of African American Life and History – the association credited with creating each year's Black History Month theme.

THE EVOLUTION

How Black History Month has evolved since it's creation

- 1926** — Carter G. Woodson created Negro History Week in February 1926
- The month of February was chosen because the second week of the month coincides with the birthdays of Abraham Lincoln and Fredrick Douglass – both primary figures in the fight to end slavery
- 1960** — The holiday evolved into Black History Month by the late 60's
- 1976** — President Gerald R. Ford officially recognized Black History Month in 1976
- 2022** — Since 1976, every U.S. president has re-designated the month of February as Black History Month
- ASALH designates a new theme for Black History Month each year, keeping the practices that Woodson established for Negro History Week

BEHIND THE THEMES

The most recent Black History Month themes and their meanings

THE BLACK FAMILY

WHY?

to bring light to the ways black representation, identity and diversity has been revered, stereotyped and vilified

2021

AFRICAN AMERICANS AND THE VOTE

WHY?

the year marked the centennial of the 19th amendment and the culmination of the women's suffrage movement

2020

BLACK MIGRATIONS

WHY?

emphasized the movement of people of African descent to new destinations and social realities – focusing especially on the 20th century to present day

2019

BLACK HEALTH AND WELLNESS

ASALH's statement about this year's Black History Month theme

“ **THIS THEME ACKNOWLEDGES** the legacy of not only Black scholars and medical practitioners in Western medicine, but also other ways of knowing (e.g., birthworkers, doulas, midwives, naturopaths, herbalists, etc.) throughout the African Diaspora. The 2022 theme considers activities, rituals and initiatives that Black communities have done to be well.

ASALH WEBSITE STATEMENT REGARDING THIS YEAR'S THEME STATEMENT

SUPPORTING BLACK HEALTH AND WELLNESS LOCALLY

Local black-owned business to visit this month that support health and wellness

QUEEN VIBES KC
FITNESS STUDIO
1818 McGee St Kansas
City, MO 64108

WORKOUT



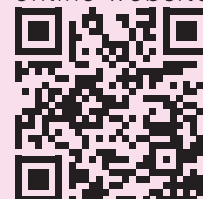
MOSS BOSS KC
APPAREL CO.
online website

RETAIL THERAPY



AMIRACLE BODY
BUTTERS
SKINCARE CO.
online website

SKINCARE



PINKLIPPS
COSMETICS
online website & found
in select Targets

MAKEUP

