



Cultural Event

Sunday, February 20th; 2:00pm-3:30pm

Enjoy a virtual tribute to prominent leaders by Greenbelt youth, spoken word, music, and an appearance from Delegates Nicole Williams and Alonzo Washington who share the History and Role of Black Fraternities and Sororities. Watch on www.greenbeltnmd.gov/municipalnty, Verizon 21, Comcast 71 and 996, or www.facebook.com/greenbeltnmdrecreation.

Maintaining Your Business in Greenbelt, Reinvesting in Black and Brown Communities, and Promoting Generational Wealth

Tuesday, February 22nd; 6:30pm-8:00pm

Register at: www.signupgenius.com/go/generationalwealth

Maintaining and taking your business to new levels within today's environment is challenging. Our panelists will share their remarkable achievements, their paths to success, and plans to move forward. Learn how these Greenbelt businesses are getting it done.

Panelists:

Johnine Clark, Principal of the Law Offices of Johnine Clark, PA
Laurie Sayles, President & CEO of Civility Management Solutions
Theo Milford, PE, Senior Vice President of Conquest Solutions, LLC
Charise Liggins, Greenbelt Economic Development Coordinator - Growth and Sustainability Resources
Moderator - Gail Crichlow, Greenbelt Black History and Culture Committee



CIVILITY MANAGEMENT SOLUTIONS



Mind and Body – Self-Care, Staying Mentally Fit, and Physically Healthy

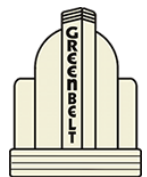
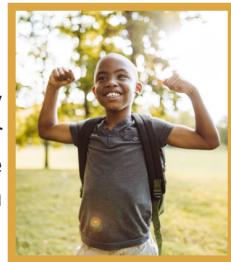
Saturday, February 26th; 2:00pm-4:00pm

Register at: www.signupgenius.com/go/blackhealth

Our mental and physical health have been severely challenged during the pandemic, particularly among our youth. Health conditions like Sickle Cell Anemia increase the concerns many have. Speakers will share information and resources to stay mentally and physically prepared.

Panelists:

Otis Williams, Ph.D., Department of Counseling, Bowie State University
Camille Butler, Advocate and educator for families with Sickle Cell Anemia and the Sickle Cell Trait - Founder of Journey 2 Happiness
Crystal Beckford, VP of Patient Care Services and Chief Nursing Officer of Doctors Community Hospital
Darren Stephenson, High School Administrator/Behavioral Intervention Specialist in the Prince George's Public School System and Greenbelt CARES
Reverend Ray Raysor, Constituent Service Specialist for County Council Chair Calvin S. Hawkins, II
Moderator - Lindsey Vance, ATR-BC, LPC, Manager of Visual Arts for DC Public Schools



Black History Month Movie - King Richard

Sunday, February 27th; 1:00pm-2:30pm

Old Greenbelt Theatre, 129 Centerway

Based on the true story, King Richard follows the journey of an under-terred father instrumental in raising athletes Venus and Serena Williams. Visit www.greenbelttheatre.org for more information.

GREENBELT CELEBRATES

BLACK

HISTORY MONTH

2022

BODY, MIND, AND MONEY BLACK HEALTH, WELLNESS, AND FINANCE



Founded in 1915 by Dr. Carter G. Woodson, the Association for the Study of African American Life and History (ASALH) has celebrated Black History Month since 1926. Each year they focus on a theme that deserves emphasis. Drawing on their 2022 theme of Black Health and Wellness, the Greenbelt Black History and Culture Committee has added wealth and finance because they intersect with health and wellness. The Committee offers an exciting and informative array of programs and activities celebrating the contributions of African Americans to the economic and social growth of the U.S.A.

Negro League Baseball Exhibit

Saturday, February 5th & Sunday, February 6th; 10:00am – 3:00pm
Springhill Lake Recreation Center, 6101 Cherrywood Lane



The Hubert V. Simmons Museum of Negro Leagues Baseball, Inc. (SMNLB) administers projects designed to educate, advocate, and generate wide-spread interest surrounding the Negro League from the 1800's to the 1950's. In addition to the traveling exhibit, Luther Atkinson, who played for the Satchel Paige All-Stars, and the widow of Hall of Famer Leon Day, Mrs. Geraldine Day, will be present.



All participants must wear masks and maintain physical distancing.

Art Exhibition

Greenbelt Community Center, 15 Crescent Road

Next Up: *Schroeder Cherry and Imani W. Russell*

February 1 - March 25. Figurative assemblages and fiber arts, informed by Black culture and history. Open daily.

Visit www.greenbeltmd.gov/arts for details.



Artful Afternoon

Sunday, February 6th; 1:00pm - 2:00pm & 2:15pm - 3:15pm
Greenbelt Community Center, 15 Crescent Road

Register at: <https://bit.ly/31JclT8>

Free, hands-on activities with the artists featured in the gallery!
Art books with Schroeder Cherry: Make a pocket-sized, mixed media story book with secret pages from a single sheet of paper. Supplies provided, but feel free to bring in any pictures

you would like to incorporate. **Hand-sewing with Imani Russell:** 1:00pm - 3:00pm. Join Imani in the art gallery before or after your time slot for the book workshop. (Limited seating). Anyone old enough to use a needle is welcome to participate! All participants must wear masks and maintain physical distancing.

Discussion: Gaining Health Equity in Maryland

Thursday, February 10th; 7:00pm-8:30pm

Virtual Webinar via Zoom

Register at: www.signupgenius.com/go/healthequity

Maryland is the first state to address disparities in health care by establishing the Maryland Commission on Health Equity (The Shirley Nathan-Pulliam Health Equity Act of 2021). History, background, current and future efforts will be discussed by these dynamic leaders of the Maryland Assembly.

Speakers - Senator Shirley Nathan-Pulliam, Delegate Joseline Peña-Melnyk

Moderator - Delegate Nicole Williams



Thank you to our Sponsors: Beltway Plaza Mall, Civility Management Solutions, Congress Heights Arts and Cultural Center, Conquest Solutions, LLC., Greenbelt Recreation Department, Johnine Clark Law Offices, Kaiser Permanente, Luminis Health, Old Greenbelt Theatre, RUAK, and Syds Tire Store

FREE COMMUNITY HEALTH SCREENINGS:

No appointment necessary - screenings will be on a first come, first serve basis.

 **KAISER PERMANENTE® Mobile Health Vehicle**

Saturday, February 12th; 10:00am-3:00pm

Beltway Plaza Mall - Front Parking Lot, 6000 Greenbelt Rd

Blood Pressure, BMI, and Glucose Testing. Will be

parked in front of the Mall near the entrance to TJ Maxx.

 **Luminis Health Wellness Mobile**

Saturday, February 12th; 10:00am-3:00pm

Greenbelt Aquatic and Fitness Center Parking Lot, 101 Centerway

Blood Pressure, A1C (glucose), Cholesterol and Glucose. Appropriate screenings will be determined case by case based on an assessment when the participant arrives.



Startup Journey for Black Owned Business

Tuesday, February 15th; 6:30pm-8:00pm

Register at: www.signupgenius.com/go/startup

Some small business owners will share how their journey began and how they sustain their commitment through planning and using a variety of marketing tools. Local government agencies, community agencies, organizations, and social media entrepreneurial resources can also provide valuable assistance to beginning entrepreneurs.



Panelists:

Keyonna Jones, Artist and Founding Executive Director of Congress Heights Arts and Culture Center

Sheila Edmondson, Procurement Technical Assistance Specialist with the District of Columbia Technical Assistance Center

Sydney Moore, President and owner of Syds Tire Store

Charise Liggins, Greenbelt Economic Development Coordinator - Start-up Resources
Moderator - **Yohance Maqubela**, Greenbelt Black History and Culture Committee

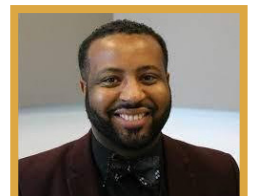
Feeding the Body, Healing the Soul: Foodways of Enslaved People

Saturday, February 19th; 2:00pm-3:00pm

Register at: www.signupgenius.com/go/foodways

Mr. Greer will speak about the agriculture of the enslaved; what they grew and raised to eat, as well as how they prepared food and used plants for medicinal purposes.

Introduced by Dr. Leigh Ryan, Greenbelt Black History and Culture Committee

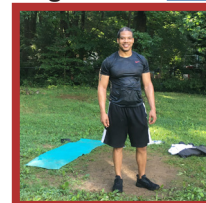


Marvin-Alonzo Greer - Lead Historical Interpretation and Community Engagement Officer, Natural and Historic Resources Division, Prince George's County Parks and Planning

Movement, Wellness, and Exercise

Saturday, February 19th; 3:30pm - 4:30pm

Register at: www.signupgenius.com/go/movementwellness



Learn tips on how to make healthy food choices and begin an exercise program in this interactive healthy lifestyle presentation and exercise demonstration. Please wear comfortable clothing and have a bottle of water and towel to use as needed. Let's have fun!

Instruction by **Derrick Faison**, Certified Fitness and Health Instructor

Introduced by **Lauren Cato**, Greenbelt Black History and Culture Committee