



Since 1976, every American president has designated February as Black History Month and endorsed a specific theme. The Black History Month 2022 theme, “Black Health and Wellness,” explores “the legacy of not only Black scholars and medical practitioners in Western medicine, but also other ways of knowing (e.g., birth workers, 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.” ❤️🖤💚

Source: <https://www.history.com/topics/black-history/black-history-month>