

# THRIVING!

THE NEWSLETTER OF BLACK PR WIRE, INC.



APRIL 2022

## Black PR Wire Celebrates National Minority Health Month

Good health is one of the most important blessings that can be bestowed unto us. Taking care of our health is an absolute must.

April, recognized as National Minority Health Month, is the perfect time to raise awareness about the health disparities that continue to affect racial and ethnic minorities, and the health care law's groundbreaking policies to reduce these disparities and achieve health equity.

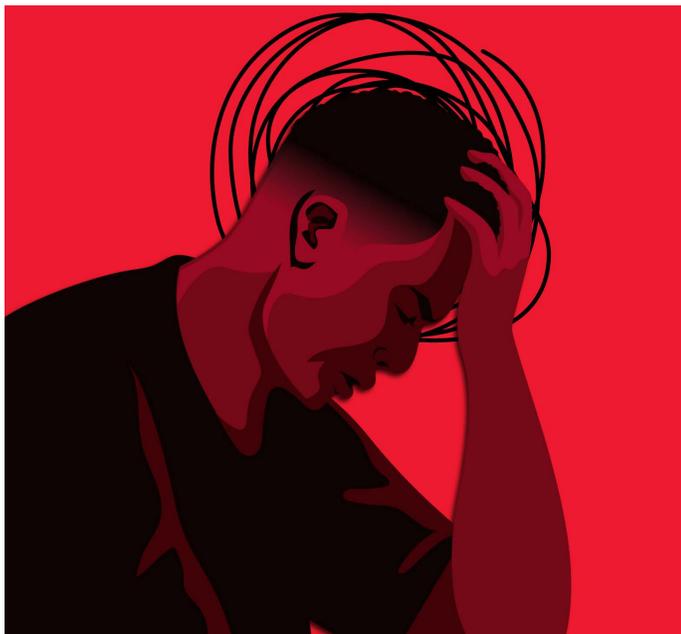
National Minority Health Month emphasizes the critical role of prevention in reducing health disparities. It is a call to action, a charge for all of us to unite towards a common goal of improving the health of our communities. Everyone in America should have the chance to live a healthy life, regardless of who they are and where they live.

In recognition of National Minority Health Month, BPRW salutes all healthcare providers. Thank you for putting your concentration on improving the health of our nation.



Give Your Community A Boost! | April 2022

## April is Stress Awareness Month



April is Stress Awareness Month, so there is not a better time for us to write an article with ways to cope with stress than now. We all deal with stress at some point in

our lives and it's normal. Some stress can be good since it challenges us to keep us alert and motivated. But too much stress can make us sick. Learning to cope with our stress and finding healthy ways to deal with these situations can go a long way in living a healthy and positive life.

Here are some ways to help you combat the negative effects of stress in healthy ways.

- **Breath.** Take a breath in. Now let it out. Your breath is a powerful tool to ease stress.
- **Exercise regularly.** Exercise is a powerful stress reliever.
- **Eat Healthily.** The food we eat can improve or worsen our mood.
- **Acknowledge what you can control — and what you can't.**
- **Reduce triggers of stress.** Recognize things that make you feel stressed and try to avoid them.
- **Connect with others.** Enjoying a shared activity allows us to find support and foster relationships that can be supportive in difficult times.

We hope you can benefit from these tips. If persistent stress makes you feel exhausted and depleted, don't suffer alone. Reach out to friends, family or your doctor.



Black PR Wire, Inc. is a premier news distribution service center that delivers to the very core and pulse of the Black community. The company holds a comprehensive listing of over 1,200

Black-owned publications and media, as well as provides services to social service and grassroots organizations and influential leaders throughout the United States and the Caribbean.

Plus, we provide our services in English and Creole. To find out more about Black PR Wire, Inc., call us toll free at 1-877-BlackPR or visit the website at: [WWW.BLACKPRWIRE.COM](http://WWW.BLACKPRWIRE.COM).

*"There is POWER in the Wire... At Black PR Wire, we distribute the news our media can use!"*

## Power Profiler: Judge Ketanji Brown Jackson, Supreme Court Nominee



Judge Jackson was born in Washington, DC and grew up in Miami, Florida. Her parents attended segregated primary schools, then attended historically black colleges and universities. Both started their careers as public school teachers and became leaders and administrators in the Miami-Dade Public School System. When Judge Jackson was in preschool, her father attended law school. In a 2017 lecture, Judge Jackson traced her love of the law back to sitting next to her father in their apartment as he tackled his law school homework—reading cases and preparing for Socratic questioning—while she undertook her preschool homework—coloring books.

Judge Jackson stood out as a high achiever throughout her childhood. She was a speech and debate star who was elected “mayor” of Palmetto Junior High

and student body president of Miami Palmetto Senior High School. But like many Black women, Judge Jackson still faced naysayers. When Judge Jackson told her high school guidance counselor she wanted to attend Harvard, the guidance counselor warned that Judge Jackson should not set her “sights so high.”

That did not stop Judge Jackson. She graduated magna cum laude from Harvard University, then attended Harvard Law School, where she graduated cum laude and was an editor of the Harvard Law Review.

Judge Jackson lives with her husband, Patrick, and their two daughters, in Washington, DC.

Source: Supreme Court Nominee Judge Ketanji Brown Jackson | The White House

## APRIL 2022

This section is designed to keep you in the know and on the go. Check out some of the latest happenings in Black communities throughout the country this month.

### CALENDAR OF EVENTS

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**BERKS JAZZ FESTIVAL**  
Festival



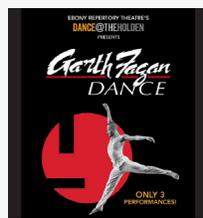
2

**33RD DR. MLK JR. COMMUNITY GALA**  
Black-tie Gala



8-10

**GARTH FAGAN DANCE**  
Dance



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**2022 BLACK WOMEN'S EMPOWERMENT CONFERENCE**  
Conference



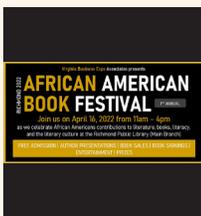
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**CARIBBEAN HERITAGE MUSIC SERIES**  
Circus



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**AFRICAN AMERICAN BOOK FESTIVAL**  
Book Festival



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**BEYOND 'LOVE JONES': BLACK WOMEN LEARNING TO LOVE**  
Workshop



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**SAN FRANCISCO INTERNATIONAL FILM FESTIVAL**  
Film Festival



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**CHARLOTTE JAZZ FESTIVAL**  
Festival



30

**BLACK HISTORY MONTH LUNCHEON**  
Luncheon



FOR A COMPLETE LISTING OF EVENTS, PLEASE VISIT [WWW.BLACKPRWIRE.COM](http://WWW.BLACKPRWIRE.COM)

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