

FAME-EAW

April Newsletter

fame-eaw.org

April 24, 2024



Equity Alliance of
WASHINGTON
— F.A.M.E. —
Thrive • Revive • Dwell

Empowerment Through Awareness: April Edition - Prioritizing Public Health, Stress Awareness, and Diversity!



Happy Stress Awareness Month!

April marks Stress Awareness Month, a crucial reminder of how important prioritizing mental well-being is, particularly in the face of the ongoing challenges we navigate individually and collectively on a daily basis. Amidst the uncertainties and pressures of life, we need to learn ways to maneuver stressful situations because too much stress can bring on physical illness, and ultimately, could be fatal. Incorporating mindfulness practices such as deep breathing exercises, meditation, prayer, and/or deep stretching into your daily routines is a great start. Additionally, maintaining a healthy lifestyle through regular exercise, sufficient sleep, regular check-ups with your physician, and balanced nutrition is known to help maintain resilience against stressors. Seeking social support within your personal and public communities, even in virtual settings, could provide necessary emotional reinforcement. It also could be highly encouraging to seek professional help if you feel it would be beneficial. We hope these tips can be useful to you in your daily life when it comes to managing stress and we wish you all the best in your daily endeavors.

Community Wellness: Understanding the Vital Role of Public Health at Our Core

Public health services play a fundamental role in safeguarding the well-being of its residents. From preventing disease outbreaks to promoting healthy lifestyles, these services are the cornerstone of a thriving society. Essential public health services are indispensable for the well-being of our communities. At FAME-EAW, we work to help create healthier, more resilient communities where everyone has the opportunity to thrive by promoting these services and prioritizing public health initiatives.

We want to share a 3 ways on how essential public health services contribute to the improvement of our communities:

- **Environmental Health:** ensure that our communities have clean air, water, and food. By monitoring environmental factors and implementing regulations, they mitigate health risks and create safer living environments for everyone.
- **Access to Healthcare:** Improves access to healthcare, especially for underserved populations. They provide essential services such as immunizations, family planning, and prenatal care, regardless of an individual's ability to pay.

Community Engagement: Public health services actively engage with communities to understand their unique needs and concerns. By fostering partnerships and collaborations, they empower communities to take ownership of their health and work together towards common goals.

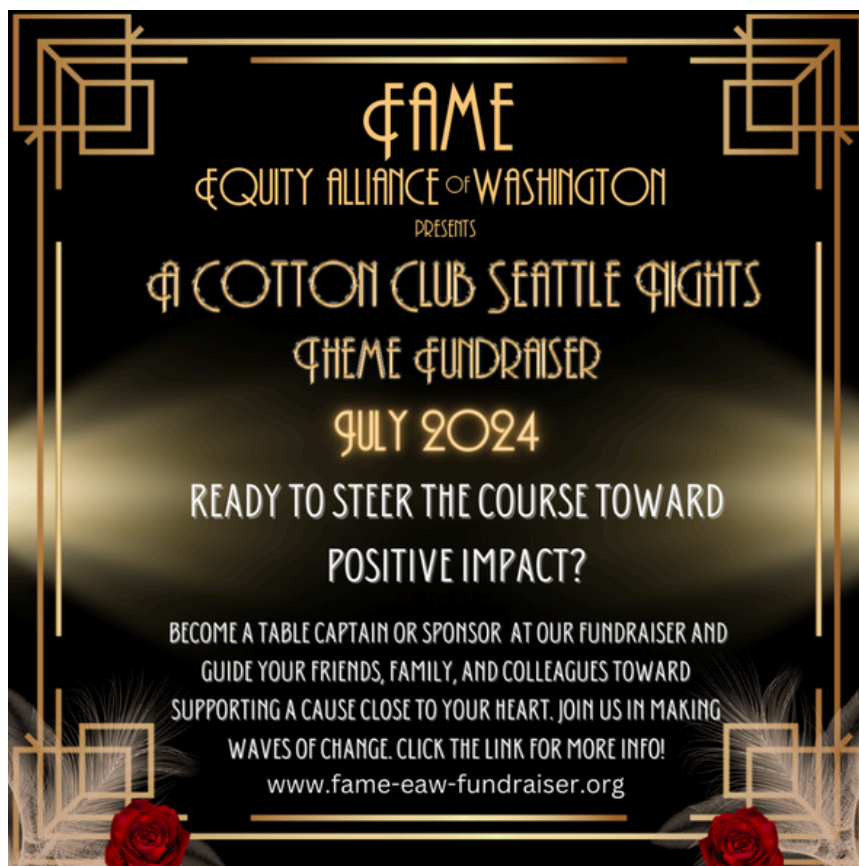


Happy Diversity Awareness Month!

As we commemorate Diversity Awareness Month, it's important to reflect on the progress made in achieving equality, particularly for the Black community. Just a few decades ago, in the 1960s, opportunities for Black individuals in employment were severely limited. However, through resilience and advocacy, significant strides have been made towards greater access and opportunity. While there's still work to be done, our community persists in the pursuit of equality. Diversity and inclusion remain essential pillars in fostering thriving and resilient communities.



Help Us Continue Our Work—Become a Table Captain or Sponsor at Our Inaugural Fundraiser!



Get ahead of the curve! Take advantage of our early bird pricing until April 31st.

Upcoming Events

Explore these upcoming events in the Seattle area March 20–April 20, 2024.

- Reading Our Futures: a Black Futurist Bookclub by Brooke Bosley, PhD, Feb 26–June 24 | LOVING ROOM: diaspora books + salon
- CACE 21 April Black Homeowner Dinner, April 6 | Byrd Barr Place

**CELEBRATE WOMEN'S HISTORY
MONTH BY SUPPORTING YOUR
COMMUNITY!**



If you would like to mail a check donation please make checks payable to:
FAME Equity Alliance of Washington
140 23rd Avenue South, Suite 120
Seattle, Washington 98144
United States

Thank you for your commitment to embracing and promoting diversity and equity in our community!

To support the Black Community in the Central District, Seattle, Washington, and the FAME Equity Alliance of Washington, please visit <https://fame-eaw.org/>.

Donate!