

EQUALITY TALKS

Curated by Stephanie Jacques for Barre 3 Nash Staff



Hi TEAM!

HAPPY FEB!

As we continue into 2022 and past the holidays and snowstorms, I urge us to continue to process how we are contributing to our community.

MOVIE FOR BHM

HIDDEN FIGURES

the true story of three brilliant African American women who worked at NASA during the early 1960s will inspire them. At this time, both women and people of color were widely and openly discriminated against, particularly in segregationist Virginia. age 10+



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MENTAL HEALTH IN MINORITY COMMUNITY

ESSENCE 11 SHEROS OF HEALTH AND FITNESS

INSTAGRAM LIVE LINK TO A JACQUES TALK ABOUT RACE AND PARENTING

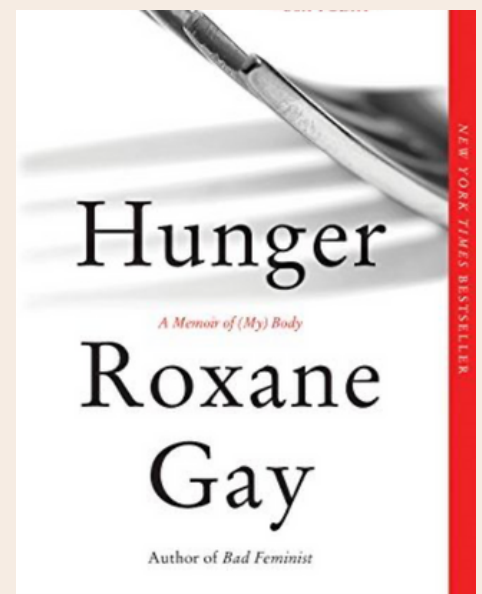


CONTINUED READING

attached is an article to some great books by black authors and below are some of my favorite reads of 2021



PODCAST TO CHECK OUT



BLACK HISTORY MONTH THOUGHTS

"You can only become accomplished at something you love. Don't make money your goal. Instead pursue the things you love doing and then do them so well that people can't take their eyes off you." – Maya Angelou