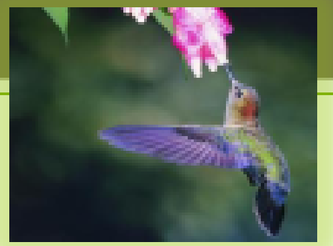
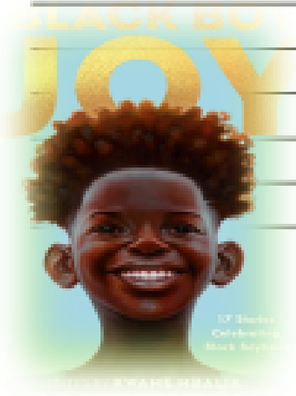
Black Wellness Movement Journal

28 Days of Reflection & Action



"On this platform of peace, we can create a language to translate ourselves to ourselves and to each other."
— Maya Angelou

Day #1