

# THE 2022 BLACK HISTORY MONTH

# Virtual FESTIVAL

THE 2022 BLACK HISTORY THEME: BLACK HEALTH AND WELLNESS

ALL MONTH LONG DURING FEBRUARY



NATIONAL UNDERGROUND RAILROAD  
NETWORK TO FREEDOM & ASALH  
PRESENTS



## WHAT YOU DON'T KNOW ABOUT THE LEGACIES OF SLAVERY: HEALTH AND WELLNESS

WEDNESDAY, FEBRUARY 23, 2022 | 6:30 P.M. - 8:00 P.M. EST

THIS EVENT IS FREE AND OPEN TO THE PUBLIC

As part of UNESCO's recognition of this decade as The International Decade of People of African Descent, a multinational team began to study the long-term effects of slavery on people of African descent. A series of international symposia were held to explore findings and the results published as *The Psychological Legacy of Slavery: Essays on Trauma, Healing, and the Living Past* (2021). This presentation will review social practices, beliefs, and psychological dispositions that are distinct continuities from slavery. People of African and European descent are both impacted. These legacies continued and transformed into the present.

Benjamin Bowser, a sociologist, will explore the social and cultural legacies and George Woods, a Forensic Psychiatrist, will explore the psychological and psychiatric legacies. Regina Mason, a descendant of freedom seeker William Grimes, will discuss the impact of the surveillance and enforcement practices of slavery on her ancestor. The presentation will end with suggestions of what can be done to mitigate and heal the negative effects of these legacies on all Americans.



**DIANE MILLER**  
**MODERATOR**

Program Manager  
NPS, National Underground  
Railroad Network to Freedom



**BENJAMIN P.  
BOWSER, PH.D.**  
**PANELIST**

Emeritus Professor  
California State University  
East Bay



**GEORGE WOODS,  
M.D., L.F.A.P.A.**  
**PANELIST**

Adjunct Professor  
University of California  
Berkeley



**REGINA MASON**  
**PANELIST**

International Speaker,  
Author, Storyteller, Executive  
Film Producer

FESTIVAL PROGRAM WILL BE AVAILABLE ON ASALH TV

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