

#CelebrateSafelySD




LIVE WELL
SAN DIEGO

AFRICAN AMERICAN HISTORY MONTH 2022



About African American History Month

Since 1976, the month of February has been recognized as Black History Month—also known as African American History Month.

This is an annual celebration of the achievements by African Americans and a time to recognize their central role in U.S history.

We celebrate Black History Month in February because it coincides with the birthdays of Abraham Lincoln and Frederick Douglass, notable leaders who fought for Black emancipation and equality.

Black Health and Wellness is the Black History Month 2022 theme, which explores activities, traditions, and initiatives that support Black communities to live well and be healthy.

For more information, visit:
BlackHistoryMonth.gov



Ways to Honor African American History Month

- Support Black-owned businesses
- Purchase, read, and share books by Black authors
- Learn about notable Black figures
- Celebrate Black leadership in your local community
- Support an organization that works to improve Black health and education
- Create a safe space for family and friends to have conversations around topics relevant to the Black community

We encourage you to find more ways to celebrate and honor African American History Month.



Celebrate African American History Month in San Diego



Attend local community events to explore, honor, and celebrate African American History Month while celebrating safely.

February 8th from 12:00 PM - 1:00 PM, Virtual Event

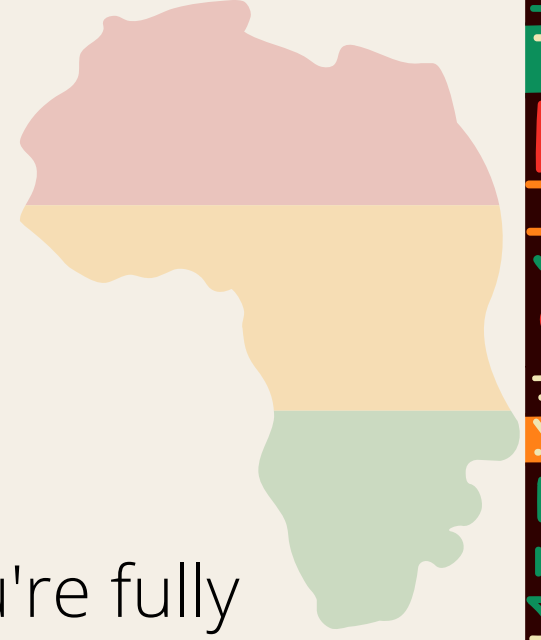
- Join the San Diego History Center in reflecting on the rich history of Black San Diego. Learn about the archives that acknowledge the milestones and citizens that have influenced the lives of Black San Diegans.

February 23rd from 12:00 PM - 1:00 PM, Virtual Event

- Join AARP for a special storytelling workshop with the Black Storytellers of San Diego as they share their stories and song.

***Links are available in the caption below.**

Tips for a COVIDSafe Celebration



- Get your COVID-19 and flu vaccines. If you're fully vaccinated, remain up to date by getting your booster, if eligible.
- Wash your hands with soap and water for at least 20 seconds.
- Wear a well-fitted mask over your nose and mouth.
- Avoid crowds and poorly ventilated indoor spaces.
- Stay 6 feet apart from others who are sick and people outside of your home.
- Get tested if you are experiencing symptoms to prevent the spread of infection to others.

For more information, visit:

Coronavirus-SD.com

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African American Notable Figures



Dr. Martin Luther King, Jr., who fought for equal rights for Blacks during the 1950s and 1960s.

Thurgood Marshall, the first African American justice appointed to the United States Supreme Court in 1967.

Mae Jemison, the first female African American astronaut to travel to space in 1992.

Jackie Robinson, the first African American player in the 20th century to take the field in the American National Baseball League in 1947.

Barack Obama, the first-ever African American elected President of the United States in 2008.

Joycelyn Elders, the first African American Surgeon General of the U.S. in 1993.

African American Notable Figures in San Diego



Honorable Judge Elizabeth Riggs, the first African American and first woman to be appointed as a judge in San Diego County in 1979.

Dr. John Warren, the publisher of the 62-year-old San Diego Voice & Viewpoint, which is among the oldest African American newspapers in the country.

Leon Williams, the first Black city council member in San Diego in 1969. Then in 1982, Mr. Williams began to serve on the San Diego County Board of Supervisors, where he was the first and remains the only Black person to hold this position.

Bertha Pendleton, the first female and first African American selected as the Superintendent of the San Diego Unified School District in 1993.

We encourage you to research the many more notable figures who have played a major part in history.