

AN ATHENS-ASALH BLACK HISTORY MONTH EVENT

THURSDAY, FEBRUARY 24 2022, 7-8:30 P.M. VIA ZOOM

The ASALH-Athens Branch announces the first of an exciting year of activities. This panel introduces you to ASALH's national theme of **Black Health and Wellness**, which our programs will explore all year. The panelists are a dynamic group of local speakers who will discuss pressing issues about physical and psychological health facing African Americans communities, and strategies for resilience and self-care among Black people during this global pandemic.

Join us by registering to attend the webinar at the following link:

https://zoom.us/webinar/register/WN_NEBqOnXZS-WoM8Em0H8afA



Ms. Linda Bigelow (Moderator) brings to the panel extensive healthcare experience that includes introducing a health practice course to a major airline, which focused on personal and environmental wellness. A Wharton Nurse Fellow, she has lectured on disease entities in various countries, including Greece, Ireland, China and the Soviet Union. She remains active in health-related activities.



A native Athenian and Clarke Central graduate, Dr. Lakeisha Gantt earned degrees from the University of Georgia and Mercer University. A licensed psychologist, she has experience working with schools, providing multicultural development, and counseling diverse and marginalized populations across the developmental spectrum. She enjoys contributing to public conversations about mental health, school climate and discipline, and issues impacting African American communities. She is a wife, mother, sister, daughter, granddaughter, niece, and community advocate.



Mr. Brad Hambric is a Licensed Professional Counselor, National Certified Counselor, Board Certified-TeleMental Health Provider, School Counselor and a Licensed Clinical Addictions Specialist – Associate within North Carolina and Georgia. He lettered in football at Wingate University while earning his bachelor's degree in Sociology. Thereafter, he received an M.A. in Education, with a concentration in Counseling, at North Carolina Central University. He currently works as a Clinical Counselor at the University of Georgia within athletics. He also owns and operates his private practice, BellaVie Counseling and Life Wellness Services, based in tele-mental health.



Ms. Briana Spivey is a third-year doctoral student in Clinical Psychology at the University of Georgia. Her research examines Black womanhood across the lifespan by examining the implications of cultural constructs such as the Strong Black Woman schema on Black women's mental health. Her interests include developing culturally relevant interventions for Black women as a means to reduce mental health disparities. With her passion about mental health within the Black community, Briana plans to continue on her path to serve as a licensed clinical psychologist and tenure-track professor.



Ms. Mya Brown is a third-year graduate student in the doctoral program of the University of Georgia's Chemistry Department. Her academic focus surrounds developing new methodologies to study proteins that play a major role in the development of the next generation of diagnostic and therapeutic approaches. Professionally, Mya is interested in mentoring undergraduate students from underrepresented backgrounds to help advance the next generation of scientists. Mya enjoys working out, trying new recipes from TikTok, and connecting with the Graduate and Professional Scholars (GAPS) community on campus.