

HEALING THE TRAUMA OF RACISM

I'm a Good Person! Isn't That Enough?

How Power and Privilege Undermine Best Intentions

Join racial justice educator and writer **Debby Irving** for a powerful workshop to unpack systemic racism and the pitfalls of white privilege.

Debby will explore how her beliefs influenced her interpretation of the world through U.S. history, media messages, and cultural habits. She will explore how she spent decades silently reaffirming harmful, outdated racial patterns instead of questioning the racial disparities and tensions she could see and feel. Come learn what has led to today's social climate and what you can do to address social inequities.

Thursday, October 3

1 p.m. to 4 p.m.

Doors open at 12:30 p.m.

Hilton Garden Inn
1300 Cinema Way, Benton Harbor



Register at
spectrumhealthlakeland.org/cgr



About the Speaker

Award-winning author of *Waking Up White*, Debby Irving has worked as a community organizer and teacher for 25 years. During that time, she admits, she did not understand systemic racism, nor her own whiteness as an obstacle to coming to grips with it.

Weathering and Health Inequity:

Letting the Epigenome Out of the Bottle Without Losing Sight of the Structural Origins

Join **Arline T. Geronimus, ScD**, for an afternoon guaranteed to stimulate thought and raise awareness about how biological and social sciences can influence and promote health equity.

Hear Dr. Geronimus discuss weathering and the ways that structurally rooted biological and psychosocial processes shape health inequities in our society.

Tuesday, October 22

1 p.m. to 3 p.m.

Doors open at 12:30 p.m.

Howard Performing Arts Center
160 E. Campus Circle Drive, Berrien Springs



Register at
spectrumhealthlakeland.org/cgr

About the Speaker



Associate Director and Research Professor of Health Behavior and Health Education at the University of Michigan and member of the National Academy of Medicine, Dr. Geronimus originated the concept of “weathering” to explain her observation that African American women’s health declines in early adulthood as a result of their cumulative exposure to socioeconomic disadvantage. This concept is now widely seen as critical to understanding the sources and mechanisms of racial and ethnic health inequity.