

THE BALM  
IN GILEAD<sup>INC.</sup>

# Sunday Morning

HEALTH CORNER



## Celebrating Health, Freedom & Legacy

Juneteenth is a time to honor the resilience of Black communities and reflect on the work still needed to achieve health equity. Prioritizing wellness, both physical & mental, is one way to protect our future.

### Juneteenth is a powerful reminder that health is wealth.

Let's reflect on the progress we've made and the work that remains. Good health is essential to living fully and passing on strength to future generations. Access to care, education and safe spaces should be part of the freedom we celebrate.

### Why It Matters

Black individuals face higher rates of chronic illnesses like high blood pressure, diabetes and heart disease, yet are often less likely to receive consistent care or mental health support (Strong et al., 2024). These disparities are not just medical, they're the result of systems that have historically excluded and underserved Black communities.

Juneteenth is a chance to reflect and also a call to action. Building a legacy of health means addressing these gaps with honesty and intention. Creating space to talk about wellness helps reduce stigma, builds trust and moves us toward more equitable outcomes.

### What You Can Do

- Encourage loved ones to get regular checkups and talk openly about their health.
- Support or create spaces where people feel safe discussing physical, emotional and mental wellness.
- Advocate for programs that improve healthcare access, education and support for Black communities. (Strong et al., 2024)



For more Information, visit [newsone.com](https://newsone.com)



The mission of **The Balm In Gilead, Inc.** is to improve the health of individuals who are most at risk for chronic and acute diseases by supporting faith and community organizations in areas that mobilize and strengthen their capacity to increase awareness in areas of prevention, treatment, and access to care through education, programming and advocacy. Learn more at [balmingilead.org](https://balmingilead.org).

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