



BLM2WUU is hosting a Virtual Panel Presentation

"My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies"

by Resmaa Menakem

Saturday, December 3, 2022, 10 am-12:30 pm

Panelists include:

- Sienna Lytle, Senior Manager of Diversity, Equity and Belonging for Hubspot
- Dr. Geof Swain, Founding Director of the Wisconsin Center for Health Equity
- Erica Turner, Co-founder of Bridge the Divide

In this groundbreaking work, therapist and author Resmaa Menakem examines the damage caused by racism in America from the perspective of body-centered psychology. He argues this destruction will continue until Americans learn to heal the generational anguish of white supremacy, which is deeply embedded in all our bodies. Our collective agony doesn't just affect African Americans. White Americans suffer their own secondary trauma as well. So do blue Americans—our police.

"My Grandmother's Hands" is a call to action for all of us to recognize that racism is not about the head, but about the body, and introduces an alternative view of what we can do to grow beyond our entrenched racialized divide. This book paves the way for a new, body-centered understanding of white supremacy—how it is literally in our blood and our nervous system. It offers a step-by-step solution—a healing process—in addition to incisive social commentary.

Register [HERE](#) or use this QR code to receive the Zoom link. Follow-up Reflection Discussion Groups will be scheduled in early 2023.

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