

BLACK HISTORY MONTH

Celebrating Black History Month today and every day by recognizing inspiring black men and women!

Quotes that Inspire!

"Instead of letting your hardships and failures discourage or exhaust you, let them inspire you. Let them make you even hungrier to succeed." **Michelle Obama**

"If they don't give you a seat at the table, bring a folding chair." **Shirley Chisolm**

There is never a time in the future in which we work out our salvation. The challenge is in the moment; the time is always now." **James Baldwin**

"People always say that I didn't give up my seat because I was tired, but that isn't true. I was not tired physically ... No, the only tired I was, was tired of giving in." **Miss Rosa**

"Carve you name on hearts, not tombstones - **Shannon Alder**

"Use me God,. show me how to take who I am, wo I want to be, and what I can do, and use it for a purpose greater than myself." **MLK Jr.**

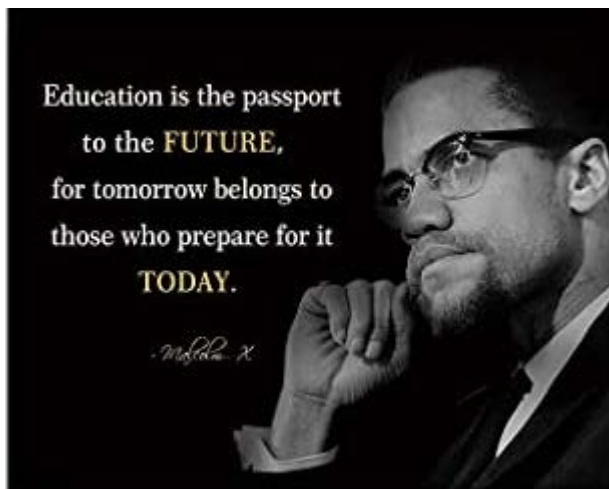
For more inspiration [120 Inspiring Quotes for Black History Month: 'Freedom Is Never Given'](#)

For more inspiration..... [11 Powerful James Baldwin Quotes](#)





PERSERVERANCE,
AMBITION,
& **SELF CONFIDENCE**



Up Coming BAND Events

Hosting a Virtual Baking Experience for BAND members with Beyond Decadence - Chef Maria Kemp, date TBD

Stay Informed!

Stay in the loop of all BAND events and initiatives by keeping an eye on our [BAND SharePoint page](#). Feel free to contact our BAND team at BAND@amerihealthcaritas.com