

# “Love Letters to Our Bodies” – A Supportive Workshop for African American Women Cancer Patients & Cancer Survivors

Cancer is a scourge in the African American community. African American/Black individuals have a disproportionate cancer burden, including the highest mortality and the lowest survival of any racial/ethnic group for most cancers.

The incidence of cancer in the U.S. is highest among African Americans. According to the American Cancer Society, “about 224,080 new cases and 73, 680 cancer deaths are expected to occur among Black people in 2022.”

As it relates to cancer, African Americans have poorer health outcomes. For instance, statistics from the National Cancer Institute’s “Surveillance, Epidemiology, and End Results Program” reveal that:

- Blacks/African Americans have higher death rates than all other racial/ethnic groups for many, although not all, cancer types.
- Despite having similar rates of breast cancer, Black/African American women are more likely than White women to die of the disease.
- Hispanic/Latino and Black/African American women have



Gwendolyn Mitchell

ell, Reiki Master and Chief Executive Officer of Moyo Institute, Inc., who will facilitate the workshop. “But seldom do we make the connection between these stories and our overall wellbeing. This is particularly true for African Americans who are carrying both generational and personal trauma,” Mitchell continued. “In Love Letters, we gently unpack these stories so participants can move forward in their journey unburdened.”

Love Letters to Our Bodies is a free contemplative workshop for African American Women currently living with cancer or who identify as cancer survivors to explore themes related to how



Melbra Watts

the workshop will be supported gently through each process of uncovering stories in the body. These stories when surfaced will inform the next steps including acceptance, forgiveness, and the creation of Love Letters to their bodies.

“At Charlotte Maxwell Clinic, we provide low-income women with cancer the opportunity for improved health outcomes and quality of life by providing free access to compassionate, integrative care, said Melbra Watts, Executive Director. “Moyo Institute’s Love Letters to Our Bodies workshop gives our clients a supportive experience of the mind/body connection and



By Sarah Clemens

It’s Earth Month, and the movement to let earth die has never been stronger.

“Doomers” are people who believe climate change is irreversible and society as we know it, will soon collapse. The term may be recent, but it’s flourished in online communities like the subreddits r/collapse, /doomer, r/preppers, and /bugout.

Posts on these forums are endlessly fatalistic. The top post, for example, on r/doomer begins, “[s]ometimes I wonder how we are not all walking around in a state of pure unquellable panic.”

On r/preppers, there’s a weekly thread for people to share what they did “to prepare.” In the comments, people share anecdotes of buying ammo, dehydrating pineapples, and stockpiling canned goods.

There’s also r/bugout, a subreddit named after the term for military retreat. Here, people share pictures



Peter Kalmus in a video. He promptly breaks into tears.

The “doomer” movement is not without detractors who see it as too negative. At the 2019 United Nations Climate Change Conference, climate advocate Greta Thunberg said, “You have stolen my dreams and my childhood with your empty words.” She spoke bleakly of reality, but also of hope for the future: “The world is waking up. And change is coming, whether you like it or not.”

Hank Green, an author and science communicator