

December 2022 Actions

Choose one or more of the suggested actions to learn more about

SEASONAL AFFECTIVE DISORDER AWARENESS

AND KWANZAA

Prepared for you by the



Access, Equity and Diversity (AED)
Committee

To get involved, make a suggestion
or ask a question, please contact
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Action # 1

What can you do about Seasonal Affective Disorder (SAD)? Finding structure, exercising regularly, making your environment brighter, and socializing. Learn more about Seasonal Affective Disorder [HERE!](#)

Action #2

Did you know that Maulana Karenga, a Black nationalist who later became a college professor, created Kwanzaa as a way of uniting and empowering the African American community in the aftermath of the deadly Watts Rebellion? Learn more [HERE!](#)

Action #3

A Karamu Ya Imani (Feast of Faith) is a feast that take place on January 1, the seventh day of the Kwanzaa period. Explore Kwanzaa [recipes](#) this season. Got one you'd like to share or want to share a pic of you enjoying one of these? Let our committee know and we will make sure it goes in the ISFAA Newsletter!

Action #4

Check out the comprehensive list of suggested actions from the 2022 year and review all of the available resources [HERE!](#) If you have a topic you'd like addressed or resources you'd like to share, please notify us!

