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 takes 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!