



FEBRUARY 2023 | MARION INSTITUTE NEWSLETTER

This is **Black History Month** and we have some exciting news to share! **Shay Brooks**, one of our dedicated Grow Education FoodCorp Service members, was approached by Today.com to share her journey teaching about Black history through soul food



within the New Bedford Public School System! As part of Grow Education's program, Shay has created a special lesson that teaches elementary school students the connections between historical Black people and some of our most iconic American foods. The story was first featured in The Standard Times/Southcoast Today.

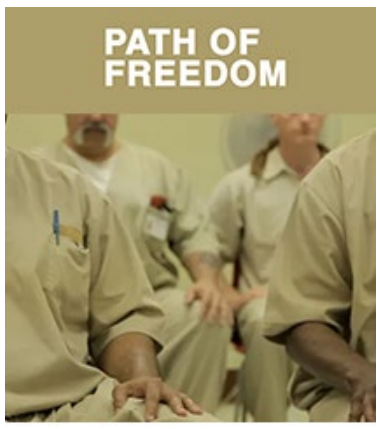


The soul food lesson plan and accompanying meal gives students a look into how some of their favorite dishes came to their lunch tables. The lesson also covers lesser-known figures like **Henry Blair**, who was the second Black man in American history to hold a patent for his 1834 corn planter, which sped up a daunting task in the farming industry at the time. And **James Hemings**, the enslaved Black chef of Thomas Jefferson, who created "macaroni pie" – the precursor to one of America's favorite dishes, "mac and cheese."

We are so proud of Shay and her commitment to teaching students these important lessons. As Shay shared in the article, "the connection between food and Black history just wasn't taught when I was growing up in schools. What we normally learn about in school is still important, but I just always felt like there was something missing." Check out the [article](#) here.

Announcing a New Initiative in the BioMed Family of Programs

by Jessica Frank, BioMed Programs Manager



The Marion Institute has long been a champion of health access for all segments of the population and incarcerated adults are no exception to this vision. We are proud to announce that the evidence-based **Path of Freedom®** program for those experiencing incarceration is now a part of BioMed Programs. The Path of Freedom® is an 11-week mindfulness-based emotional intelligence (MBEI) program developed in the early 2000s by **Vita Pires, Ph.D.**, Executive Director of both the Engaged Mindfulness Institute and the Prison Mindfulness Institute. The proven curriculum offers tools for developing emotional regulation, resilience, empathic communication, problem-solving, forgiveness, and conflict management. For more information on the Path of Freedom® history, curriculum, and outcomes, please visit [prisonmindfulness.org](http://prisonmindfulness.org).

To support this program, click the button below.



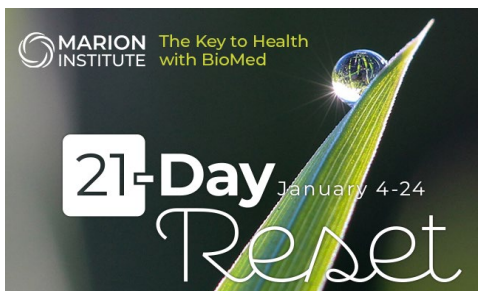
Omega Institute – Save the Date!

Optimal Health Starts Here: An Introduction to Biological Medicine July 7 – 9, 2023 Omega Institute Rhinebeck, NY



Interested to meet with and learn from Dr. Dickson Thom, DDS, ND? Join us in July for this in person retreat. Never before has Dr. Thom been this available, and space is limited! The program, "Optimal Health Starts Here: An Introduction to Biological Medicine" will explore the core principles of this radically different approach to healthcare over three days set amidst the background of Omega's spacious campus in the picturesque Hudson River Valley. Learn the tools needed to understand your own internal terrain and the implications for designing an effective path to vitality, self-regulation, and wellness. Take advantage of the gorgeous Omega grounds, eat healthy cuisine, and enjoy some R&R all while learning about your body's innate capacity for healing. **Tiered pricing at \$375/ \$300/ \$225. Registration opens on March 3rd!**

21-Day Reset THANK YOU!



We wish to extend a huge thank you to everyone who participated in this year's 21-Day Reset program! This year's Reset was a record-breaker with close to 600 participants and we hope that many of you are still sampling the healthy habits and weaving them into your routine throughout the year.

**DID YOU KNOW?** The Marion Institute also offers similar programs for the workplace. Using the principles of BioMed, our **Worksite Wellness** initiative serves to create a culture of well-being by improving health-related outcomes in the workplace and at home for employees and their families. Clients receive customized content at a pace and schedule that meets the needs of all employees and helps accomplish mission-aligned goals.

If you're an employer – or employee – who feels that your worksite could benefit from a wellness program, please reach out to **Jessica Frank, BioMed Program Manager** at [jfrank@marioninstitute.org](mailto:jfrank@marioninstitute.org) or 508-748-0816, ext. 115. Here's to your health!

The Weight of the World: Is Atlas Misalignment Affecting Your Health? with Dr. Martin Hart, DC, Keystone Total Health Tuesday, March 7th, 12 noon ET BioBites a virtual house call for your health and wellness



SFPC Goes Full Tilt with Food Policy Advocacy in 2023

by Christine Smith, Southcoast Food Policy Council Program Manager



The Southcoast Food Policy Council (SFPC) has officially begun its **2023 Advocacy** with a broad array of policy topics. This year the SFPC is advocating for the **Healthy Incentives Program (HIP), Farm to School Grants, Equity in Agriculture, and Food System Programs** in the state budget. We will also advocate at the congressional level for changes in the **Farm Bill**. Read more in depth [here!](#)

Food policy determines many aspects of our food system such as how food is grown and animals are raised, what pesticides and fertilizers are allowed on farms, and how much funding will be designated to people who are food insecure, to name just a few. The SFPC advocates for food policies that support our **local food producers, ensure equal access to culturally appropriate, nutrient-dense foods, and build a resilient food system**. Advocacy consists of sending letters to legislators, meetings with legislators and their staff, and educating the community on how they can take action on these critical food policies.



Our Contact Information
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