



# EDUCATE, ADVOCATE, DONATE: HELP TBH TAKE A STAND FOR EQUALITY

---

## A TOTAL BRAIN HEALTH OPINION

Over the past few weeks, America has been engulfed in what we believe will be among the most defining moments in our history. The deaths of George Floyd, Breonna Taylor, and Ahmaud Arbery are simply the latest acts of unnecessary violence directed against Black people. As Americans, now is the time to settle for nothing less than equality and justice for the Black community, which has unfairly suffered at the hands of an unfair system for far too long.

At Total Brain Health, we stand against violence, inequality, and intolerance of any kind.

As demonstrations for change continue around our nation, we will completely and emphatically continue to support Black lives and help foster the change needed for a more just society and to repair the world.

In that spirit, we have committed to taking three paths forward as a company. We share them here as a collective resource and welcome you to use them in your communities, and to join us personally.

**Educate.** Learning more about the Black experience in America can help all of us better understand the impact of our actions.

**Books:** Consider a book club in your community to learn more about racism and its impact on our country.

*White Fragility* | Robin Diangelo  
*Heavy: An American Memoir* | Kiese Laymon  
*How To Be An Antiracist* | Dr. Ibram X. Kendi  
*I Know Why the Caged Bird Sings* | Maya Angelou  
*Just Mercy* | Bryan Stevenson

**Videos:** Consider showing this video series, curated by TED, to deepen understanding of racism. Hold discussion groups or simply share the link with your residents.

[Talks to Help You Understand Racism in America .TED.com.](#)

**Advocate.** Words are powerful, but action is unstoppable. We can take action into our own hands by joining with organizations that champion equality and justice to see how we can help, individually or as a community volunteer project. And we can contact our congressional representatives regularly for answers on what they're doing specifically to support the Black community in our areas.

[American Civil Liberties Union](#)  
[Black Lives Matter Global Network](#)  
[Reclaim The Block](#)  
[Advancement Project](#)  
[Campaign Zero](#)

**Donate.** For the times we can't get out and take action, a donation can go just as far.

[The George Floyd Fund](#)  
[The Breonna Taylor Fund](#)  
[The Ahmaud Arbery Fund](#)  
[The Black Lives Matter Movement](#)  
[Color of Change Education Fund](#)

Bigotry and racism don't have to define America. As Mahatma Gandhi taught, each of us must "be the change you want to see in the world." Together, we can do our part to make that change.

The Team at Total Brain Health  
[totalbrainhealth.com](http://totalbrainhealth.com)

---

**TBH TOOLKITS** suite of social-based brain training programs for small group settings give you everything you need to lead joyful cognitive fitness and memory programs for all ages and abilities.



Learn more at [tbhtoolkits.com](http://tbhtoolkits.com)



---

**TBH TOOLBOX365** is a brain training program you can use anytime, anywhere! With engaging workouts for better cognitive wellness, everyone will have a fun getting a daily dose of brain training!



Learn more at [tbhtoolbox365.com](http://tbhtoolbox365.com)



**TOTALBRAINHEALTH.COM**