

The Practice Movement Energy Centre.

CONTACT

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FOR IMMEDIATE RELEASE

Anti-racism action items & plan *Press release*

Punamu'kwati'jk (Dartmouth, Nova Scotia), June 20th, 2020—

1. Education:

- a. Both of us are committed to a lifetime of recognizing, unpacking, and unlearning our own white privilege. Some tools directly related to anti-racism work that we have found helpful as individuals that we encourage you to also invest in:
 - i. **The Great Unlearn** with Rachel Cargle (an online program)
 - ii. **Me and White Supremacy** by Layla F Saad (book)
 - iii. **So You Want To Talk About Race** by Ijeoma Oluo (book)
 - iv. Participation in **Reimagining Small Business: A town hall to listen, learn & commit to building equitable, anti-racist organizations**. Hosted by helloseven.co
 - v. Enrollment in **Anti-Racism for Wellness Professionals: How to Show up Better** by Chrissy King

2. Financial support:

- a. Our **Pay What You Can** classes will go towards **local organizations** promoting and supporting **Black, Indigenous and people of color**. Our next PWYC class will be scheduled once reduced restrictions make it a safe possibility.
- b. We will be picking **one product per month from our diverse range of suppliers, of which 15% of sales will be donated** to the same charity as our PWYC classes. The product will change monthly.
- c. We **recommend donating** to some of the following spaces if financially possible, which we have been donating to as well, are:
 - i. Black Lives Matter Solidarity Fund NS
 - ii. The Bail Project

3. Accessibility:

- a. **50% off for any person of color forever**. This includes all of our passes- drop ins, 10 class passes, as well as memberships. Simply shoot us an email at ask.thepractice@gmail.com to self identify.

We will always listen and be open to suggestions and feedback to this plan, as we recognize this is just the beginning of our continued support of the anti-racism movement. We commit to being held accountable to this plan and sharing additional action items in response to the needs of the community.

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