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Contact:

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Riverside University Health System- Public Health Recognizes Black Maternal Health Week

Black Maternal Health Week (BMHW) is held April 11-17 of each year and this year marks the 6th annual country-wide celebration. BMHW was started by Black Mamas Matter Alliance (BMMA) with a goal to amplify and center the voices of Black mamas.

This year, as BMHW week is celebrated all over the United States, we invite not just our Riverside County residents to join us in acknowledging this important week, but also perinatal providers, birth workers and support staff to join in bringing maternal health awareness for our Inland Empire families.

Our Maternal, Child and Adolescent Health (MCAH) Branch offers a variety of programs that help improve the health and wellness of Black mothers, Birthing people and their families. The Black Infant Health (BIH) Program serves African American women who live in Riverside County, are 16 years of age and older, and are pregnant or have an infant up to 6 months old. BIH offers social support, stress management and empowerment with an emphasis on prenatal/postpartum group dynamics supplemented with one-on-one life planning sessions. The Perinatal Equity Initiative (PEI), launched in 2018, complements the programs and services offered through implementation of community interventions designed to work in parallel with Black Infant Health. PEI connects pregnant Black women with free doula services and fathers, who are in a relationship with a pregnant or parenting Black mother, with free fatherhood classes, as well as other critical resources they may need.

In support of BMHW, Stephanie Bryant is inviting the community to attend a special activity to promote health and well-being for Black families during this vital week:

Melanin Momma's in Motion a 1-hour total body workout focusing on cardio, strength and core training for all levels of fitness will be held this Wednesday April 12, 2023 from 10 a.m. to 11 a.m. at Andulka Park 5201 Chicago Avenue Riverside, CA 92507.

Black Maternal Health Week is an important week to remind providers and community members all over the world that it's up to us to ensure Mothers and Birthing People are heard, seen, supported, and listened to. You can look for highlights of this week on our Riverside County Black Infant Health Facebook and Instagram Pages, which we also invite you to visit to stay informed about some of the great local BMHW events taking place during this important week.

Event Registration: [eventbrite.com/e/melanin-mommas-in-motion-tickets-588516557867](https://www.eventbrite.com/e/melanin-mommas-in-motion-tickets-588516557867)

Learn more: <http://www.rivcophn.org/Programs/Black-Infant-Health> and follow the conversation on social media by following [@blackinfanthealthrivco](https://www.instagram.com/blackinfanthealthrivco) on Instagram and [BlackInfantHealthofRiversideCounty](https://www.facebook.com/BlackInfantHealthofRiversideCounty) on Facebook.