

BLACK WOMEN
FOR WELLNESS

BRING A *Brotha to Breakfast*



2026 PROGRAM BOOK

JUNE 2026 | AFRO CITY

WELCOME ADDRESS

BRING A
Brotha to Breakfast

Greetings,

It is my honor to welcome you to this year's Bring a Brotha to Breakfast, The Weight We Carry. For years, this gathering has been one of the most meaningful traditions at Black Women for Wellness. It is a space where we pause to celebrate, honor, and uplift the brothas who stand alongside Black women and girls.

This year's theme, The Weight We Carry, is often spoken about in terms of struggle, but today we recognize that weight can also represent commitment, purpose, love, and leadership. Every day, Black men carry responsibilities as fathers, sons, partners, mentors, advocates, and community leaders. Too often, those contributions go unseen. This celebration acknowledges them.

As we share a meal, recognize our honorees, and engage in conversations about wellness, justice, and community, I hope we also create space for reflection. What does it mean to show up for one another? How do we build communities where everyone has the support they need to thrive?

At Black Women for Wellness, our community is interconnected. When Black women and Black men work together with intention and compassion, our families grow stronger, become healthier, and future generations inherit greater possibilities.

Thank you for being part of our annual celebration. Thank you to our honorees, sponsors, supporters, volunteers, and every brotha whose presence reflects a commitment to community. May today inspire connection and a renewed purpose as we continue to carry one another forward.

In gratitude,

Janette Robinson Flint

Executive Director & Co-Founder, Black Women for Wellness



MESSAGE FROM SISTERS@EIGHT

Greetings to All,

June is a highly significant month. We celebrate the Summer Solstice, Men's Health Month, Black Music Month and Father's and Paternal Figure's Day. Equally for me, it marks Black Women For Wellness' annual Bring A Brotha to Breakfast, an event dedicated to highlighting and celebrating the exceptional work, advocacy, and commitment of Black men in our community.

As the Program Coordinator for our monthly community town hall, Sisters@Eight, I have been honored and grateful to lead its special Bring A Brotha to Breakfast event for the past six years. Every year, we invite our members, supporters, and the broader community to nominate "Triple AAA Brothas"—men who are Almost Always Available. These are the fathers, husbands, friends, colleagues, and brothers who consistently show up to respect, uplift, and love Black women and girls.

We called for nominations. You responded. We were deeply moved by the stories of impactful work shared in your responses. For 2026, we are proud to welcome Akil Bell, Richard A. Williams M.D., Seba Inpu Ka Mut, and Baba Alan Flagg to our list of distinguished honorees as this year's Triple AAA Brothas. Congratulations to each of you.

To our community: If your nominee was not among those selected this year, I encourage you to acknowledge him personally. Life is unpredictable;. Take the opportunity today to let him know he is your Triple AAA Brotha.

I want to extend my sincere appreciation to Erikan from BWW Men's Engagement for leading this year's content creation and assembling a fantastic group of participants. Special thanks also go to our dedicated team members Ariel, Meron, Amedra, Deiontate, Chelsea, Deborah, Ruth, and Yolanda, as well. Thank you BWW Executive Director Jan, for creating this event, making it a community tradition and endearing the meaning of "Triple AAA" Brotha. BWW Staff - you are also "Triple AAA". Thank you Lorenzo Frank, for your continued support. Thanks also to Rwanda with Afro City, and Chef Jordan of Dowhatchalik catering.

All My Best,

Anthnette Drone

Program Coordinator, Sisters@Eight and Special Projects



EVENT SCHEDULE

10:00 AM →

Doors Open

10:10 AM →

Welcome and Opening Remarks

10:20 AM →

Libation Ceremony

10:30 AM →

Pan Africa News

10:35 AM →

Community Breakfast

11:05 AM →

Affirmation Recital

11:10 AM →

Fireside Chat

11:35 AM →

Awards Ceremony

11:45 AM →

Movement Break

11:55 AM →

Therapist Panel Discussion

12:15 PM →

Recognition of Sponsors

12:20 PM →

Closing Reflection

12:30 PM →

Group Photo

BRING A
Brotha to Breakfast

CHAMPION AWARD HONOREE

for exceptional commitment to our community and justice

Robert "Akil"

BELL



CHAMPION AWARD HONOREE

for exceptional commitment to our community and justice

Robert "Akil" Bell

Akil is the Founder of Dynamic VIRTUE Designs, a virtual design studio that creates and hosts community healing spaces through self-expression by way of music, poetry, storytelling and song. The studio also offers healing circles, healing rhythm circles, a personal life design studio session that help people find their ecosystem and framework design and their opportunity for regeneration and restoration. Akil sees Healing Circles as tools to promote personal healing and community building. Akil has experience as the Grants and Contracts Manager for Black Women for Wellness, is a Next Economy MBA (NEMBA) Alumni, and POC Caucus Facilitator at LIFT Economy. Akil facilitates collaborative relationships with philanthropy and community leaders while supporting regenerative practices in community based organizations and businesses to ensure organizational sustainability.

A lifelong resident of Los Angeles, CA, he has worked in communities throughout Los Angeles for over 30 years as an educator, wellness advocate, mentor, coach, host for creative expression, organizational development and non-profit practitioner. It is Akil's goal to utilize methods such as the creative and healing arts, wellness advocacy, systemic leadership and life design to strengthen and sustain regenerative human and community development practices. During his work in local education systems, community health and non-profit organizations, Akil has become part of a network of practitioners advocating for community health and wellness as well as human and community development. He is adept at ecosystem and framework design, building regenerative and sustainable relationships and creating consistent engagements to build systems for personal, community and societal transformation. He also serves on the boards of the Learning, Enrichment Academic Resource Network, The Pan African Technical Association, and the ShadeTree Multicultural Foundation. His passions include building social capital, traveling, engaging in healing practices, and creating healing spaces that enable people to explore modalities that may benefit their growth and development psychologically, emotionally, physically, and spiritually.

BRING A
Brotha to Breakfast

WARRIOR AWARD HONOREE

for outstanding leadership and strength

Richard Allen
WILLIAMS, MD



BLACK WOMEN
FOR WELLNESS

WARRIOR AWARD HONOREE

for outstanding leadership and strength

Richard Allen Williams, M.D.

We recognize Dr. Richard Allen Williams, the Founder and President of the Minority Health Institute, 117th President of the National Medical Association and Founder of the Association of Black Cardiologists, and cum laude honors graduate of Harvard University. Dr. Williams attended the State University of New York Downstate Medical Center where he received the M.D. degree. He later performed a Cardiology fellowship at Brigham and Women's Hospital and Harvard Medical School. In 1972, he became Assistant Medical Director at the new Dr. Martin Luther King, Jr. Hospital in Los Angeles where he secured a \$3 million grant to establish the King-Drew Sickle Cell Center, of which he became the Director. Later, he moved to the West Los Angeles VA Medical Center and became Chief of the Heart Station and Head of the Cardiology Department. At present he is Clinical Professor of Medicine at the UCLA School of Medicine and was the first African American to achieve that status in the UCLA Department of Medicine. He also received a Lifetime Achievement Award from Harvard Medical School.

Dr. Williams is considered an international expert on hypertension, healthcare disparities, dyslipidemia, diabetes, obesity, heart failure, and sudden cardiac death. He was recently honored by the American Heart Association from which he received the prestigious LifeSaver Award. He has also received the Scroll of Merit and Distinguished Leadership Award from the National Medical Association, their highest honor.

He has authored eight books, numerous book chapters, several scholarly articles, and dozens of scientific papers. He wrote the ground-breaking Textbook of Black-Related Diseases (McGraw-Hill) in 1974 and the critically acclaimed Healthcare Disparities at the Crossroads of Healthcare Reform (Springer, 2011). His ninth book, Blacks in Medicine: Clinical, Demographic, and Socioeconomic Correlations (Springer) is in progress.

Dr. Williams has a legacy of community service including serving on the CDU Board of Directors, the Board of Directors of the American Heart Association, the Advisory Board of the Community Health Councils, and the California Jazz Foundation. He has also shown his philanthropic side by participating in National Medical Fellowships and by establishing three separate scholarship funds in his name to benefit African American medical students across the country.

BRING A
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AMISTAD AWARD HONOREE

for support and contribution to our community

Seba

INPU KA MUT



BLACK WOMEN
FOR WELLNESS

AMISTAD AWARD HONOREE

for support and contribution to our community

Seba Inpu Ka Mut

Inpu Ka Mut is the visionary behind the Kemetic Aha and Sema Association (KhASA). This membership-based association, open to everyone, aims to cultivate, showcase, and educate communities through the lens of African martial arts culture. It unites midwives, traditional healers, acupuncturists, nutritionists, massage therapists, herbalists, and lactation specialists to support women and the community as a whole.

A lifelong writer, Inpu is trained in the World Stage Anansi writer's workshop and holds a Bachelor's Degree in Psychology and a Master's Degree (ABT) in Sociology from the University of Southern California. KhASA operates on the belief that fully healthy and empowered women and girls are crucial for a thriving community. As a Seba (Teacher), Inpu focuses on assisting survivors of trauma and PTSD, working with private clients as part of a holistic approach alongside traditional medicine.

For his impactful contributions to the community through KhASA, Inpu received the President's Lifetime Achievement Award from President Joseph Biden. He is also a Mediator, Demographer, Sociologist, and a Quantitative/Qualitative Methodologist. In his personal life, he is a passionate vegan cook and a dedicated Jegna/Baba/Father, proud of his five children (four daughters and a son). Currently residing in Los Angeles, California, Inpu serves as a High Conflict Community Mediator.

SOLDIER AWARD HONOREE

for distinctive devotion and dedication to the community

Baba
**ALAN
FLAGG**



SOLDIER AWARD HONOREE

for distinctive devotion and dedication to the community

Baba Alan Flagg

Baba Flagg also known as Kofi Amen Kumasi, is a Los Angeles native. Born in 1951 at Los Angeles County General Hospital to Margie and Ulysses Flagg. He has five siblings. He graduated from L.A. High School in 1969. His political activism was sparked by a Negro History class, the first of its kind at L.A. High School in 1967. While at L.A. High School, he was one of the founders of their first Black Student Union.

He continued higher education at LACC and San Fernando State College (now, CSUN). As a student at LACC, he became one of the founding members of The Paul Robeson Players and Watts Repertory Company. He gave a rousing performance in the Angela Davis Defense Fund production of "Angela's Happening." He became one of the first students in the newly formed Pan-African Studies Department. As the Vietnam War was coming to a close, he joined the new volunteer army. After being honorably discharged, his training in CID (Criminal Investigations Division) prepared him for a job at L.A. County Coroner's Office.

Baba Flagg is a community elder, activist, and cultural keeper whose six decades of service began in 1967. He has dedicated his life to the liberation of African people worldwide and the building of strong Black families. Baba Flagg worked with P.C.I.T.I. (Professional Community Intervention Training Institute) 2005-2006, a gang intervention program. He worked with The Blazer House (a safe haven youth center), in the late '90's. Baba Flagg was recently recognized by the House of Light community in the Inland Empire. He was seated as The "Father of Fathers" "...a spiritual protector and keeper of tradition."

Baba Flagg is a world traveler visiting and doing work in Ghana, Timbuktu, Mali, Ethiopia, Kmt(Egypt), Senegal, Honduras, and Mexico. He is a member of the Western Region and Elder Board representative of the Association for the Study of Classical African Civilizations (ASCAC).

Panelists



AARON JONES

Adjunct Professor, Guest Lecturer

Aaron Jones holds Bachelor of Science degrees in Social Sciences and American Ethnic Studies from Kansas State University (2005) and a Master's in Clinical Psychology specializing in Marriage and Family Therapy from the Chicago School of Professional Psychology (2018). With extensive experience in community mental health, he addresses issues like anxiety, depression, schizophrenia, and trauma. His focus includes neurodiversity-informed treatment for high-performance individuals and diverse relationships, using an integrative approach with Existential, Experiential, and Acceptance and Commitment Therapy (ACT). Aaron is also an Adjunct Professor, guest lecturer, and a trained Zen meditation practitioner in mindfulness-based therapies.



JULIAN SMITH

Registered Associate Marriage and Family Therapist

Julian Smith is a Registered Associate Marriage and Family Therapist in Los Angeles, with a background in advertising. He focuses on the impact of societal expectations on Black men, asking, "What happens when external pressures overshadow our own voice?" Passionate about creating safe spaces, he helps Black men move past performance and survival pressures, exploring how race, masculinity, and culture affect their emotional relationships. In therapy, he addresses issues like burnout, self-doubt, and identity, viewing healing as both an individual and community endeavor. Through initiatives like Bring a Brotha to Breakfast, he aims to foster vulnerability and support among Black men.



HERMAN FEW

Sports Psychologist

Herman Few is a fatherhood advocate and sports psychology consultant who specializes in personal growth, leadership, and life transitions. With a strong background in professional sports and education, he empowers individuals in both their personal and professional lives. As a certified NFL Players Association contract adviser, he assists athletes with crisis management during career transitions. Herman has facilitated the NCAA Life Skills Pilot Program and served as Associate Head Coach for Men's Basketball at Merritt College. Known for his mentorship and relationship-building skills, he has shared insights on challenges faced by African Americans in sports and society, appearing on platforms like BET Tonight with Tavis Smiley. His experiences provide valuable perspectives on resilience and accountability in life.

PROGRAM CONTRIBUTORS



KEITH HODGES @MINDINMUSCLE

MOVEMENT BREAK LEADER

Hodges is a healthy living advocate focused on fostering long-term health and wellness through education and fitness. A graduate of Indiana University's School of Kinesiology, he specializes in Functional Strength, Nutrition, and Corrective Exercise, among others. Starting with personal experimentation, he transitioned to weight loss clients and later expanded to working with athletes, including those in the NBA, NFL, MMA, and Pro Boxing. He also trains Special Olympics athletes for their competitions, helping individuals achieve weight loss goals and improve movement.



CARLOS SPIVEY

AFFIRMATIONS LEADER

Carlos Spivey is a community leader and social entrepreneur focused on service and empowerment. As the Founder and Executive Director of Barber Gurus and creator of The Village Circle, he has developed programs in barbering, mentorship, and mental wellness. For over a decade, he has served vulnerable populations in Los Angeles, particularly the unhoused in Skid Row, by providing free grooming services and resources. Carlos trains aspiring barbers to promote entrepreneurship and supports mental health and personal growth. He is dedicated to building stronger families and communities through strategic partnerships and innovative programming.



LORENZO FRANK

MC AND LIBATIONS

Lorenzo Frank is a Father, a Jegna (Mentor), an award winning Poet and Writer. He's the Host of one of the longest running Open Mic Poetry venues in L. A. SWAAM (Spoken Word Art and Music). He's part of the ensemble cast of the hit stage play Gil Scott Heron Bluesology, which just got nominated for 8 NAACP Awards.



KWESI JORDAN

CHEF | FOUNDER OF @DOWHATCHALIKFOODSERVICES

Kwesi Jordan is a culinary entrepreneur and the founder behind Dowhatchalik, a catering brand focused on providing exceptional food and unforgettable experiences. With a deep passion for hospitality and innovative presentation, Kwesi is dedicated to uniting people through exquisite cuisine and remarkable service.

Growing up in the inner city of Los Angeles, Kwesi was influenced by his parents' Louisiana roots, which have greatly shaped his culinary style. Before discovering his passion as a self-taught chef and establishing his own business, Kwesi held various jobs. You can follow Chef Kwesi on Instagram @dowhatchalikfoodservices.

PROGRAM CONTRIBUTORS



RICARDO MOWATT

The Blue Note Caravan Trio - Drums & Percussion

Ricardo's musical journey began at an early age in Pasadena, California, where he discovered his passion for playing the drums. While performing with local musicians, he joined The Pasadena Ghetto Orchestra, which opened for prominent acts like Earth, Wind & Fire and Santana. The group later traveled to Europe, rebranding themselves as American Gypsy, and recorded several albums while touring extensively across the continent. Throughout this period, Ricardo collaborated with numerous artists as a drummer. Currently, he serves as the drummer for the Jubilant Voices Choir and the Praise & Worship Team at Holman United Methodist Church, in addition to performing with various local musical ensembles. He also plays a key role as Co-Producer of The Gospel Stage at the annual Taste of Soul Family Festival. For booking inquiries, please reach out to rmowatt29@gmail.com.



GREG BROADOUS

The Blue Note Caravan Trio - Keyboard

A Compton, California native, Greg began his musical journey under the guidance of local music teacher Evangeline Seward. He later played at a church led by his father, John Broadous Sr. Greg further honed his skills in jazz piano and improvisation, studying with notable musicians such as Charles Kynard, Harold Land Jr., Charlie Shoemake, and Terry Trotter. Presently, he performs solo jazz piano at the Disneyland Pixar Hotel, embodying the character Joe Gardener from the film 'Soul'.



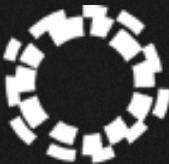
ABDUL LATIF

The Blue Note Caravan Trio - Bass Guitar

At just eight years old, Latif uncovered his love for music when he picked up the guitar. He furthered his musical journey at Los Angeles City College, where he refined his abilities on the electric bass. Eventually, Latif developed a deep appreciation for the acoustic resonance and melodic richness of the upright bass.

Since 1999, Latif has actively participated in a variety of bands and musical ensembles, sharing his extensive experience and talent during every performance. He plays an essential role in the "Karl Marsh Quartet," "The Big Bad Garage Band," "The Inspiration Group," and "The Latif Trio."

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*Table Sponsors:
Armedra Jordan, Sharon Johnson, and
Kruti Parekh*



BRING A Brotha to Breakfast

BECOME A MEMBER OF THE BLACK WOMEN FOR WELLNESS FAMILY!

BRING A
Brotha to Breakfast

Black Women For Wellness invites you to become a lifetime member for a one-time contribution of \$1,000 between June 1st and July 4th. New members will receive an invitation to an exclusive wellness retreat at Bloom Ranch, featuring relaxation, connection, and fun. The organization has over two decades of experience advocating for Black women and girls through various initiatives, including reproductive justice, maternal health, and civic engagement.

The retreat will offer:

- Lunch and conversation
- Massages and self-care
- Networking with supporters
- Insights on the future of BWW
- A celebration of your commitment to community

Your membership supports vital programs and provides exclusive perks, event discounts, and opportunities to impact change. Join today to help build a thriving future for Black women and girls.



**YOU'RE INVITED TO A
BWW WELLNESS RETREAT**

Become a member of the
Black Women for Wellness (BWW) family!

Join as a lifetime member for a one-time contribution of \$1,000
between June 1st to July 4th and receive

**AN INVITATION TO AN EXCLUSIVE WELLNESS RETREAT WITH OUR
EXECUTIVE DIRECTOR, JANETTE ROBINSON FLINT AT**

BLOOM RANCH

 Lunch and great conversation	 Massages and self-care	 Time to connect with fellow supporters
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JOIN AT BWWLA.ORG

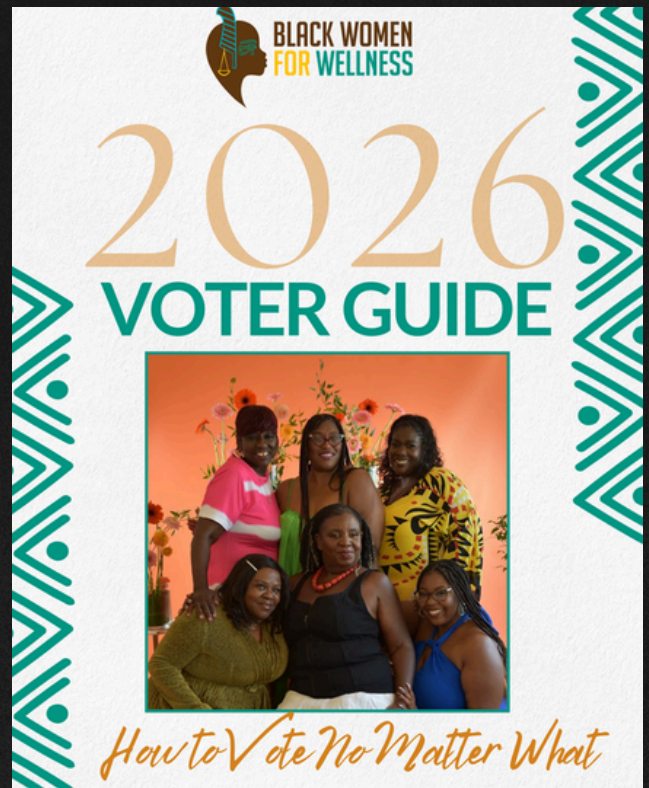


A NOTE FROM BWW'S CIVIC ENGAGEMENT TEAM

BRING A
Brotha to Breakfast

Black Women for Wellness (BWW) works year-round to build civic engagement through voter education, community outreach, and leadership development. Bring A Brotha to Breakfast allows us to connect with men in the community and mobilize them to be more civically engaged. While the primary election may be behind us, civic engagement does not end at the ballot box. Meaningful change requires ongoing participation. From staying informed and advocating for our communities to supporting policies that advance health, equity, and justice, BWW is providing resources to our communities to impact our future. Male engagement is a critical part of that work. By encouraging men to become active partners in civic life, we can strengthen community participation, increase voter turnout, and help create lasting impact beyond election season.

Learn more and access the latest voter resources through the [Black Women for Wellness Voter Guide](#) and the organization's [Civic Engagement Program](#).



BRING A
Brotha to Breakfast

**BLACK WOMEN
FOR WELLNESS**

THANK YOU!



ABOUT BLACK WOMEN FOR WELLNESS

Black Women for Wellness (BWW), founded in 1994 by six women dedicated to Black maternal and infant health, launched the Shangazi Program to mentor pregnant women through pregnancy and early motherhood, addressing high infant and maternal mortality rates. In 1997, BWW became a 501(c)(3) nonprofit in California, expanding its focus to systemic issues affecting Black women's health. By 2017, it had become a key institution in Los Angeles County, addressing health disparities like obesity and lack of insurance, especially in areas with high populations of women of color. BWW offers programs for all ages, promoting empowered, healthy Black communities by leveraging collective strength and resources for meaningful change.



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