



# CARES Card: MLK Day Version

Martin Luther King Jr. Day is a federal holiday that celebrates the life and legacy of the civil rights leader and activist. In the spirit of Dr. King and his lifelong pursuit of service to his community, we are launching a civil rights education and community engagement CARES Card. Dr. King's legacy also continues in the ongoing fight against racism and systems of oppression. As such, we reaffirm our commitment to antiracist action as we reflect on the history of the Civil Rights Movement, express gratitude to the multitudes of courageous BIPOC leaders of today, and celebrate the richness and beauty of Black culture.

**INSTRUCTIONS:** Play just like BINGO. Access helpful links for completing opportunities by clicking on the box. Take a selfie or a screenshot completing an activity and post to your social channels. Remember to tag Life Science Cares Boston and use the hashtag #LSCBostonCares. Want to make this even more fun? Turn it into a competition & see who can achieve the most "CARES!"

TWITTER: @LS\_Cares | FACEBOOK: @lifesciencecares | LINKEDIN: @Life-Science-Cares-Boston

## C A R E S

Make a pledge in the LSC Volunteer Hour Challenge

Spend at least 20 minutes learning about the Civil Rights Movement

Purchase essential PPE for folks experiencing homelessness

Support the empowerment of moms in Boston

Read MLK's Letter from Birmingham Jail

Donate to a local food pantry.

Listen to an MLK speech

Support a nonprofit addressing medical racism in Boston

Purchase books from a social enterprise

Donate to a local blood drive & help relieve the national blood shortage

Read an essay by Dr. Ibram X. Kendi

Learn about LSC's internship program for opportunity youth



Take a Virtual Tour of the National Civil Rights Museum

Sign up for a shift at one of our nonprofit partners

Watch TED Talk: "We need to address the real roots of racial violence"

Learn about Dr. King's love of jazz

Host a drive for a nonprofit

Buy from a Black-owned business

Learn more about a local Black-led nonprofit

Sign up to speak at a career day for children in STEM education

Purchase a necessity for college students experiencing homelessness

Watch a ROXTalk from a local Black-led nonprofit

Sign up for "Ally Nudge" weekly texts [\$5, starts 1/17]

Read one of Maya Angelou's poems

