

ROCHESTER, NY HAS OPPORTUNITIES FOR YOU TO LEARN AND grow and discover what diversity, equity and inclusion means to you. A community that offers options to strengthen your body and your mind in many different forms. A visit here will leave you feeling energized and educated.

ISLANDFIT

80 Commerce Dr, Rochester, NY

Start your day with a great work out by taking a class at this Rochester black-owned gym. IslandFit focuses on providing effective High Intensity Interval Training (HIIT), Indoor Cycling, Kettlebells, Tabata, Yoga, Personal Training and Hydromassage services. Offering fitness programs that are fun and challenging by design that will motivate you to push yourself to new levels. They have a team of certified personal trainers and coaches that are committed to supporting individual goals. Recovery is a huge component of a fitness program, and hydromassage chairs are readily available to help relieve muscle soreness, stiffness and tension.

ROCHESTER MUSEUM AND SCIENCE CENTER

657 East Ave, Rochester, NY

Exhibition: Flight to Freedom: Rochester's Underground Railroad

Explore the paths that courageous freedom seekers followed through Rochester in this dramatic, interactive exhibition. Walk in the footsteps of Austin Steward, Frederick Douglass, Harriet Jacobs, and Reverend Thomas James as they overcome huge obstacles to build free lives. Learn how they joined Rochester activists in the fight to abolish slavery and help others seeking freedom.

Dive into immersive experiences that delve into the world of science and illuminate cultural history as you explore this Museum and Planetarium. The RMSC will provide you with the inspiration and tools that will delight and wonder you as you contemplate solving



the deepest challenges of our times. A place where you are encouraged to follow your own unique journey.

GEORGE EASTMAN MUSEUM *900 East Ave, Rochester, NY*

Exhibition: *Joshua Rashaad McFadden:
I Believe I'll Run On*

THROUGH JUNE 19, 2022

Artist Joshua Rashaad McFadden (American, b. 1990) uses photography to engage some of the most challenging subject matter of our time. Working across genres—social documentary, reportage, portraiture, and fine arts—he critically examines race, masculinity, sexuality, and gender in the United States. His work reveals the destructive impact of these constructs on Black Americans.

Rest your muscles and exercise your mind at the George Eastman Museum, which is located on the estate of George Eastman, the pioneer of popular photography and motion picture film. Here you will be immersed in historic and modern art. The George Eastman Museum was founded in 1947 and is the world's oldest photography museum and one of the oldest film archives. The museum holds incomparable collections. There is a range of experiences for all ages including photography, motion pictures, history, gardens, architecture, and historic houses. The institution is also



Keep it Rollin' Sushi Bar

a longtime leader in film preservation and photographic conservation. You won't want to miss the Museum's gift shop, filled with an array of gifts relating to photography, cinema, and George Eastman himself!

ROC CITY RAMEN & KEEP IT ROLLIN' SUSHI BAR *319 Exchange Blvd, Rochester, NY*

Enjoy a healthy meal at this black-owned restaurant where you will have an authentic Japanese ramen experience. Owner and chef, Michael Goode, has grown up cooking Japanese recipes with his mother. With a combination of expertise in broth and old family recipes they offer a traditional

(non-fusion) Japanese ramen noodle house and are dedicated to bringing top quality ramen, kare & gyoza to the greater Rochester area. If sushi is your thing, housed in the same building is Keep it Rollin Sushi. Mix, match or not, your inner foodie fan will be pleased with your choice.

CEREBRAL KINGDOM *533 State St, Rochester, NY*

Finish your day of enrichment at this establishment offering quality products centered around African heritage. You can purchase a wide array of books on many topics relating to African and African American History and Spirituality. You will also find cultural merchandise and apparel at this unique location.