

Premise Health.



**Have you explored
the You Belong
page lately?
You should!**

There's never been a better time than now to join a Team Member Resource Group! Complete [this form](#) and join us for the fun, connection, and community.

Don't forget about the previous editions of The Gateway Series to cover as many experiences across identity as we can together.

Loving Day

DEIB Gateway Series

JUNE 2025

Loving Day, observed every June 12, commemorates the 1967 U.S. Supreme Court decision *Loving v. Virginia*, which struck down state laws banning interracial marriage. At the heart of the case were Mildred and Richard Loving, a Black woman and a white man who were arrested and banished from their home state of Virginia simply for being married. They weren't activists or public figures. They didn't set out to make history. They were simply two people who loved each other and wanted to build a life together in peace.

And yet, their quiet determination changed the law of the land and helped redefine what justice and equality look like in America. Because of their bravery, the definition of freedom—and family—was forever changed.

Loving Day always falls during Pride Month, and that overlap is more than symbolic. The precedent set by *Loving v. Virginia* later paved the way for *Obergefell v. Hodges* in 2015, which legalized same-sex marriage nationwide. Both cases reaffirmed a simple but profound truth: the right to love—and to build a life with the person you love—deserves protection.

It's easy to think of 1967 as a long time ago. But history has a way of echoing in the present. And in a culture where 'freedom' is often celebrated, yet not always experienced equally, it's clear: the work of equity didn't end with the Lovings. It simply continues in new forms." And if we've learned anything from history, it's that progress doesn't roll in on its own. It takes intention to move forward—and vigilance to keep from slipping back.





READ

[The Love Story That Changed America](#)

[Loving Vs. Virginia](#)

[Obergefell v. Hodges](#)

[The Loving Day Story](#)

[Love Never Fails](#)

[11 Books About Interracial Relationships](#)

Spend some time exploring these resources on your own, within your work groups, and even with your families!

EXPLORE

[Rent "Loving" on YouTube](#)

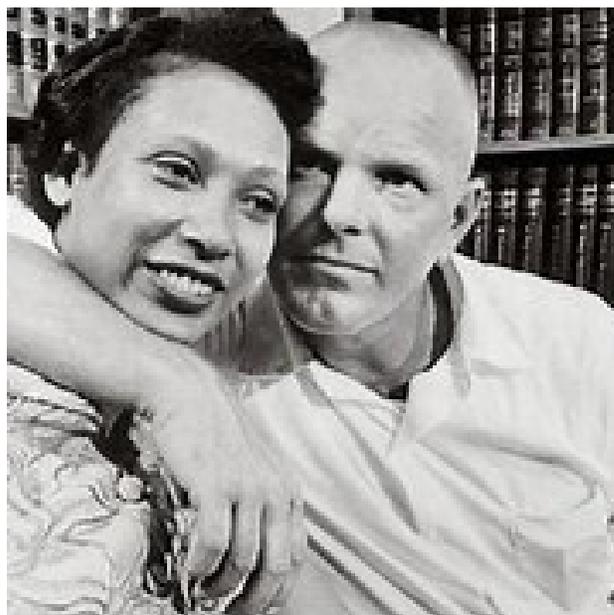
[Watch: A Marriage Worth Fighting For](#)

[How to Celebrate Loving Day](#)

[MAX: The Loving Story](#)

[Their Love Changed History](#)

[Team Member Resource Groups](#)



FAMILY RESOURCES

[Raising Multiracial Kids](#)

[The Civil Rights Movement - Can Kids Change the World?](#)

[What is Loving Day?](#)

[YouTube Short: Loving Day](#)



So what can we do today?

We can start by remembering that inclusion is not abstract. It's personal. It's policy. It's practice. And it shows up in the way we treat one another every day—at work, in our families, and in our communities.

We can recognize that progress is never guaranteed—it's something we choose to protect, uplift, and push forward.

And we can keep making space for all kinds of love, all kinds of families, and all kinds of futures.

Honoring Loving Day isn't just about looking back. It's about looking forward and making sure the future is one where love doesn't have to fight to exist. But when it does, it still has the power to win!



Reflect

Now spend some time thinking and talking on your own and together as we reflect together on this month's topic.





Respond

Now let's turn those good intentions into impacts! Spend some time engaging this month's challenges to put our learning into practice and feel free to create your own.

We would love to hear about the awesome work you're doing. Email us at YouBelong@PremiseHealth.com



Challenge #1: Get to Know the Lovings. Watch and read the resources provided and share them with *your* loved ones.

Challenge #2: Make it Personal

Reflect on what freedom to love has meant in your own life- or in the lives of those around you. What does it look like to belong without fear? Consider how the fight for the freedom to love shows up today. Whose stories still go unheard? How can you use your voice, your empathy, or your position to widen the circle of belonging?

Challenge #3: Celebrate the Connection

Loving Day is a perfect opportunity to honor love in all its forms. This Loving Day, share a message, a memory, a photo, or a moment of love that matters to you and reflects connection and inclusion. It's a reminder that every time we affirm someone's right to love and be loved, we help build a more inclusive world. Small moments of joy can be powerful acts of resistance.