

# Balance FOR Better

## WOMEN'S WEEK 2019

### Monday, March 4th

#### SELF DEFENSE CLASS

1:00 PM, Doc Bryan 242 | Sponsored by Public Safety

Provides safety skills and basic self-defense concepts to improve your chances of surviving a violent encounter. Self Defense is a two part class including an instructional section and a hands-on section. Class will be taught by Forca trainer Cora Wilson along with one of our officers Chris Pearson

#### SEXUAL ASSAULT PREVENTION RALLY

2:00 pm - 4:00 pm, Hindsman Bell Tower | Sponsored by Title IX  
Kick off the first day of International Women's Week 2019 discussing the prevalence and impact of sexual assault at Arkansas Tech, campus and community resources, and what YOU can do to stop sexual violence. Community and campus partners will be available to discuss resources, and the rally will launch the annual Walk a Mile event.

#### WALK A MILE IN HER SHOES

2:00 PM - 4:00 PM | Sponsored by SAB

"Each year, an ever-increasing number of men, women and their families are joining the award-winning Walk a Mile in Her Shoes: The International Men's March to Stop Rape, Sexual Assault & Gender Violence. A Walk a Mile in Her Shoes® Event is a playful opportunity for men to raise awareness in their community about the serious causes, effects and remediations to men's sexualized violence against women."

### Tuesday, March 5th

#### WOMEN OF COLOR AND HAIR IN THE WORKPLACE

2:00 PM - 3:00 PM, Doc Bryan 242 | Sponsored by DDI

This segment will cover why hair is so important to women, and will also speak to the struggles women of color often face when it comes to selecting their hairstyles for the workplace.

Contact Campus Life for more information at  
[campuslife@atu.edu](mailto:campuslife@atu.edu) or 479.968.0276.

### Wednesday, March 6th

#### OCEANS 8 FILM SCREENING WITH PANEL DISCUSSION

7:00 PM - 9:00 PM, Young Ballroom | Sponsored by SAB

SAB is continuing Women's Week with a movie!! Ocean's 8 will be showing in Young Ballroom!! There will be free pizza, popcorn, drinks, and snacks!

#### ART EXHIBIT OPEN HOUSE

6:30 PM, Witherspoon Lobby

Check out artwork from Arkansas Tech students. The pieces featured were created by the artist's interpretation of the 2019 Women's Week theme #BalanceforBetter. Contest winner will be announced and light refreshments will be served.

### Thursday, March 7th

#### SALARY NEGOTIATION WORKSHOP

3:30 PM - 4:30 PM, Doc Bryan 242 | Sponsored by Norman Career Services

Your pay is up to you. Join Norman Career Services for this in-depth session on handling job offers and how to ensure you are not on the wrong side of a wage gap.

#### WOMEN'S LEADERSHIP CONFERENCE

4:45 pm - 9:00 pm, West Chambers and Rothwell | Sponsored by Campus Life and AAUW

Join us for the 2019 Women's Leadership Conference at Arkansas Tech University. This year's conference theme is #BalanceforBetter. It will give participants the opportunity to learn and engage in sessions surrounding women's empowerment, gender inclusivity, professional growth, activism, equity, and wellness. Free dinner included.

