

WOMEN'S WEEK

2024 INVEST IN WOMEN: COUNT HER IN

MONDAY, MARCH 4

RALLY AGAINST VIOLENCE

2:00-4:00 PM AT THE BELL TOWER

Rally against sexual and relationship violence! People of all gender identities are invited to walk a mile for prevention and to show your support of survivors of interpersonal violence. Students are invited to don the famous red high heels in a visually stunning public statement of listening, learning, allyship, and commitment. During the rally, participants will hear from community members, observe ATU's Clothesline Project display, Red Flag Campaign and meet representatives from campus and community. There will be refreshments available as well as free shirts while supplies last.

SELF DEFENSE CLASS

5:30 PM AT THE PUBLIC SAFETY BUILDING

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.

TUESDAY, MARCH 5

NAMASTE FIT - YOGA

2:00 PM IN DOC BRYAN 133

Join us for some relaxing chair yoga that will include gentle stretching and breathing exercises to loosen tense muscles and help to calm the mind.

DON'T BE CLUELESS

7:00 PM IN ROTHWELL 211

A trivia night that discusses masculinity, gender myths, and gender identity. Join IFC for a night of fun, snacks and prizes!

WEDNESDAY, MARCH 6

WOMEN'S HEALTH DROP-IN

9:00 AM - 12:00 PM IN DOC BRYAN 119

Stop by to visit informally with ATU Health and Wellness Center's nurse practitioner, Robin Joslin. She will have helpful information about birth control, contraceptives, breast health, and other women's health information. She will answer any women's health questions or provide educational resources. Snacks and giveaways will be provided to participants.

GIRL TALK

7:00 PM IN ROTHWELL 138

Come together with the ATU & Russellville community to celebrate empowering women. Join CPC in a night of knowledge, fun and snacks.

THURSDAY, MARCH 7

WOMEN'S HEALTH: PCOS AND ENDOMETRIOSIS

1:30 - 3:30 PM AT THE BELL TOWER

The Health and Wellness center PHA's will be tabling in order to educate students on the importance of women's health topics including PCOS and endometriosis.

STOP THE VIOLENCE CAMPAIGN

5:30 PM AT THE STUDENT UNION

Brought to you by the Minority mentorship program the event will discuss domestic violence and gun violence awareness. There will be a balloon release to represent those who've lost loved ones to these actions.

FRIDAY, MARCH 8

SAND VOLLEYBALL 4V4

4:00 PM AT SAND VOLLEYBALL COURT NEAR DOC BRYAN

Campus Rec presents a day on the field. Register on IMLEAGUES to participate in this tournament. Registration open until event starts.

2V2 PICKLEBALL TOURNAMENT

5:00 PM AT PICKLEBALL COURT NEAR DOC BRYAN

Come have fun and snack on Chick-Fil-A! Registration open until event starts.

ALL WEEK

WOMEN'S WELLNESS WEEK

M-F 8-4 PM IN DOC BRYAN 119

HWC will offer free well-woman appointments for women considering birth control or needing an annual women's health exam. Appointments will be filled on first come first served basis and can be scheduled by calling 479-968-0329 or in Doc Bryan 119. To learn more about what is included during a well-woman exam, please visit our website.

MENSTRUAL PRODUCT DRIVE

M-F 8-5 PM IN DOC BRYAN 171

1 in 3 who menstruate cannot access or afford period products. Drop off donations and earn 1 hour for every 3 items donated.



CIVIC AND COMMUNITY ENGAGEMENT
& LEADERSHIP DEVELOPMENT