
Center for Women & Gender Equity

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FALL 2018 CALENDAR

SEPTEMBER

Condom Bingo

Tuesday, September 4, 7:00 p.m.-8:30 p.m., Sykes Ballrooms

This is not your Grandparents' Bingo! Join us for a night of fun as we play bingo, learn some sexual health information, and win some great prizes. Don't play yourself; you don't want to miss this. Co-sponsored by the Center for Women & Gender Equity and the Office of Wellness Promotion.

Women on Wednesdays: Get Out and Vote!

Wednesday, September 12, Noon-1:00 p.m., Sykes 10A

Join community organizer **Melissa Robbins** to discuss how and why it is important to get engaged in order to reflect our communities on the municipal, state, and federal levels of government. You will leave encouraged and challenged to get involved and explore opportunities that promote equal representation. Bring your lunch and we'll provide dessert! Sponsored by the Center for Women & Gender Equity and University Forum.

Women on the Rise: 2018 Women's Leadership Conference

Saturday, September 15, 11:00 a.m.-4:00 p.m., Sykes Student Union

Build skills in wage negotiation, inclusive leadership, self-care, and mentorship. New for this year: Women of Color Track. Pre-registration is required by September 12:

<https://tinyurl.com/wcupawlc18>. Co-sponsored by the Center for Women & Gender Equity, the Office of Student Leadership & Involvement, and the Department of Anthropology & Sociology.

OCTOBER

Women on Wednesdays: Self-Care for Women of Color

Wednesday, October 10, Noon-1:00 p.m., Sykes 10A

High-functioning fatigue. Pride in overworking and extending yourself. Getting the job done at all costs. It's the "exhaustion complex" in full force. Join artist and educator **LaTreice Branson** in a vivacious and interactive personal exploration of the challenges of being an exhausted woman, as she shares self-care strategies that will lead us into self-love, wellness and joy. Bring your lunch and we'll provide dessert! Sponsored by the Center for Women & Gender Equity and University Forum Grant.

OCTOBER

Condom Bingo

Tuesday, October 16, 7:00 p.m.-8:30p.m., Sykes Ballrooms

This is not your Grandparents' Bingo! Join us for a night of fun as we play bingo, learn some sexual health information, and win some great prizes. Don't play yourself; you don't want to miss this. Co-sponsored by the Center for Women & Gender Equity and the Office of Wellness Promotion.

It's On Us Kick-Off

Wednesday, October 24, 11:00 a.m.-2:00 p.m., Sykes Ballrooms B&C

Take the pledge and commit yourself to a campus where sexual assault is not tolerated. Join us for the formal kick-off of WCU's It's On Us initiative! Take the pledge, pick up some swag, and connect with resources throughout the community! Sponsored by the Center for Women & Gender Equity.

On the Rise: Empowering New Leaders

Group 1: Mondays, October 22, October 29, November 5, November 12--Noon-1:00pm

Group 2: Tuesdays, October 23, October 30, November 6, November 13--3:00-4:00pm

Sykes Student Union

Start your leadership journey with the Center for Women & Gender Equity. This four session program will help you embrace challenges, build community, and define your leadership purpose. Pre-registration for this series is required. E-mail

womenscenter@wcupa.edu. Sponsored by the Center for Women & Gender Equity.

NOVEMBER

Women on Wednesdays: Self-Advocacy in Healthcare

Wednesday, November 14, Noon-1:00 p.m., Sykes 10A

One of the most difficult skills to learn: how to advocate for yourself when it comes to the many doctors, specialists, OB/GYNs, and other healthcare providers you might have. Come chat with **Rose Del Vecchio (Assistant Director of Wellness Promotion)** and **Cindy Barimani, RN** about how to acknowledge the issues you would like to address with your providers, and how we can all work to make our voices heard when it comes to our bodies and our choices. Bring your lunch and we'll provide the dessert! Sponsored by the Center for Women & Gender Equity and University Forum.