

# WOMEN'S WEEK 2025 #RISE TOGETHER

## MONDAY, MARCH 3

### RALLY AGAINST VIOLENCE

3 – 5 PM BELL TOWER

Rally against sexual and relationship violence! Participants will hear from community members, observe ATU's Clothesline Project display, Red Flag Campaign, Walk a Mile In Her Shoes, and meet representatives from campus and community.

## TUESDAY, MARCH 4

### ADDRESSING WOMEN'S HEALTH

11 AM – 2 PM BELL TOWER

Learn about women's health issues including your period, body image, reproductive health, and more from your Health and Wellness Center.

### CUPCAKE DECORATING WITH KUROKI

4 – 6 PM • WEST CHAMBERS

Stoke your creativity by learning how to decorate cupcakes with a one woman-run small bakery owner. Limit to 40 students, first come, first serve.

### SELF-DEFENSE CLASS

6 PM • PUBLIC SAFETY BUILDING

A two-part class including an instructional section and a hands-on section to improve your chances of surviving a violent encounter.

## WEDNESDAY, MARCH 5

### SELF CARE: YOU CANNOT POUR FROM AN EMPTY CUP

4 – 6 PM • DOC BRYAN 133

Q & A With APRN Robin Joslin, Self Care Presentation with Lisa Crider, Yoga with JBWellness, Healthy Snacks & Spa Set Giveaways, all presented to you by the HWC.

## THURSDAY, MARCH 6

### WOMEN'S LOTERÍA

6 PM STUDENT UNION

Join the lovely ladies for women's loteria and a good time at the Student Union.

## FRIDAY, MARCH 7

### SAND VOLLEYBALL 4V4 & 2V2

### PICKLEBALL TOURNAMENT

5:30 PM • COURTS NEAR COMMONS

Have fun and snack on Chick-Fil-A with Campus Rec! Register on [IMLEAGUES](#) to participate in this tournament. Registration open until March 5th at 10pm.

## SATURDAY, MARCH 8

### GAMEDAY BINGO AT SOFTBALL

12 AND 2 PM • CHARTWELLS COMPLEX

Come cheer on your Golden Suns and play bingo for a chance to win prizes during our double header.

## ALL WEEK

### MENSTRUAL AND HYGIENE

### PRODUCT DRIVE

1 in 3 who menstruate cannot access or afford period products. Drop off donations in Doc Bryan 171 and earn 1 hour for every 3 items donated.

## WOMEN'S WELLNESS WEEK

HWC will offer free well-woman appointments for women considering birth control, contraceptives, breast health or needing an annual women's health exam. Free pap smear appointments only for females 21 and over. 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.