

Body Politics & Empowerment Week 2019

MARCH 25-31

Our bodies are social vehicles.
Join us for Body Politics and Empowerment Week with programs that explore the impact of social systems and inequalities on the way in which we exist in our bodies on a daily basis. Together, let's engage in activities that promote ways to achieve bodily empowerment in the face of these systems.

MONDAY | MARCH 25

3-5 P.M. | **Pleasure, Health, and Self-Education: A Vagina Love Workshop for All Genders and All Bodies** (Ella Hunt) | FPH Faculty Lounge

6-8 P.M. | **Fat Liberation Pizza Party** (Center for Feminisms) | Center for Feminisms (Closed Space)

TUESDAY | MARCH 26

3-5 P.M. | **Critical Sexology** (Ianka Mitchell) | ASH 221

5-6 P.M. | **Gender Expansiveness** (Gender Expansive Community Organization) | Center for Feminisms

7-8:30 P.M. | **Express Yourself! DIY Fashion Workshop Affirming Queer and Trans Identities** (New Student Experience & Ethics and the Common Good) | Center for Feminisms

WEDNESDAY | MARCH 27

3-5 P.M. | **Losing the Weight of Diet Culture** (Mallory Staub) | ASH 112

5-6:30 P.M. | **Eating Disorders in Women of Color** (Mae Fuller & Jamecia Estes, Health & Counseling Services) | FPH 107

7-8:30 P.M. | **Div III Workshop: How Is patriarchy Held In The Body?** (Dunan Herman-Parks) | Small Dance Studio, Music & Dance Building | RSVP on HampEngage

THURSDAY | MARCH 28

2-4 P.M. | **Radical Futures through Fat Liberation** (Center for Feminisms) | Kern 106

4-6 P.M. | **KEYNOTE The Physical is Political: The Radical Potential of Inclusiveness in Movement with Lore McSpadden** | FPH West Lecture Hall

6-8 P.M. | **Tender Creatures: Casting and Molding Our Bodies** (Cat/Milo Bezark & Office of Accessibility Resources and Services) | Arts Barn Room 2

FRIDAY | MARCH 29

8:30-11 P.M. | **Own It: A Dance Party for All Bodies** | Roos Rhode House

SATURDAY | MARCH 30

5:30-7:30 P.M. | **Body Politics Zine-Making with Res Life** | Merrill Living Room

SUNDAY | MARCH 31

3-5 P.M. | **Soothing Sunday: Body Politics Cool Down with Res Life** | Dakin Living Room

JOIN US FOR THESE BODY INFORMED AND EMPOWERED DROP IN CLASSES

MARCH 25 | 12-1 P.M. | **Body-Informed Strength and Conditioning** (OPRA) | Multisport Weight Room — First Come First Serve

MARCH 26 | 12-1 P.M. | **Mind and Body Self-Healing Practice** (Spiritual Life) | Greenwich Donut 5

MARCH 27 | 12-1 P.M. | **Drop in Body-Informed Spinning** (OPRA) | Upstairs RCC — First Come First Serve

MARCH 28 | 12-1 P.M. | **Trauma-Informed Mindfulness Meditation for Everyone** (Sharon Friedner) | Merrill Living Room

MARCH 29 | 1-2:30 P.M. | **KEYNOTE Exploring Movement as Personal Revolution with Lore McSpadden** | Main Dance Studio, Music and Dance Building

Look out for Body Politics & Empowerment and CLPP Conference Tables all week in the Kern from 11 A.M. to 1 P.M., and be sure to check out the Body Politics themed bulletin boards in Merrill and Dakin Halls!