

LYBW

Dickinson 

WOMEN'S & GENDER
RESOURCE CENTER

Yoga for Every Body - 12-1pm, Social Hall E

Join Julie Vastine for a beginner-friendly, body-positive, decolonial approach to body care.

Kickoff Soirée - 5-7pm, Allison Community Room

We'll get LYBW started with a dj, performances, activities, and lots of food!

International Potluck- 7-9pm, Social Hall

The CSSJ hosts a global celebration of Food For the Soul. Come and bring a taste of your home to our table! RSVP on EngageD

Monday

Tuesday

Eating to Meet Athletic Goals - 12-1pm, Social Hall W

Dietician Courtney Hager explains how to fuel for maximum athletic performance for all different bodies... all using food from the Caf!

Happy Body Hour - 5-6:30pm, The Site (25-27 W High)

Led by Professor Erin Crawley-Woods, learn Thai Bodywork and self-care techniques aimed at easing tired bodies and minds. We will be giving and receiving hands-on work. Come in comfortable clothing and ready to relax.

Love Your Atypical Brain & Body - 12-1pm, Social Hall W

Join the team from ADS for activities, swag, and information about neuro- and body diversity on campus and in our culture.

Mindfulness Session - 4:30-5:30pm, Stern Great Rm

A beginner-friendly mindfulness workshop to calm and connect.

Keynote: Dr. Psyche Williams-Forsen- 7-8:30pm, ATS

Our speaker specializes in African-American food cultures, racism, body politics, and popular culture. She'll talk about her book *Eating While Black: Food Shaming & Race in America*

Wednesday

Thursday

Open Dance Class - 12-1pm, Social Hall E

This class will be led by DTG and will include stretching, strengthening, basic techniques, and a short combination. No dance experience needed!

Pleasurable Sex Salon - 7-8:30pm, Allison Community Rm

Certified sex therapist Dr. Lexx Brown-James answers all your questions about sex! Sex-positive, queer and gender-inclusive. Co-hosted by PALS.

Loving Our Trans & Queer Bodies

12-1pm Landis House

Relationships with our bodies can be complicated for LGBTQ+ people in particular. Come learn and share ways to engage with and love your queer body in a safe and affirming space.

Friday



February 20-24th, 2023

Many thanks to our amazing LYBW partners! ADS, Athletics, Clarke Forum, CSSJ, DTG, Dance & Theater Department, LGBTQ Services, PALS, Psych Club, Psychology Department, and the Wellness Center