


Women's History Month

Women Providing Healing, Promoting Hope

Led by Nebraska Medicine's Inclusion and Diversity Office & UNMC's Office of Inclusion. In celebration & collaboration with UNMC's Office of Equity, Nebraska Medicine's RISE Employee Resource Group, Nebraska Medicine's AABA Employee Resource Group, UNMC's WESTRIVE Employee Resource Group, UNMC's McGoogan Health Sciences Library, UNMC's EMPOWER student group, UNMC's SLIDO, UNMC's College of Pharmacy, UNMC's Munroe Meyer Institute, UNMC's Student Success, & UNMC's Office of Community Engagement.

Events Calendar

M	T	W	T	F
	01	02	03	04 ✕
07	08 ✕	09	10 ✕	11
14	15 ✕	16 ✕	17	18
21	22 ✕	23	24	25
28	29 ✕	30 	31 ✕	



Joy Jars: Beyond Women's History Month

1. Pick up a jar on March 30th (see date/time to the right).
2. Start it with 10 notes of appreciation for a woman who's made an impact on you or at work.
3. Give it to your person and tell her why you chose her.
4. Encourage her to continue to fill it with affirmations to fill her back up when her tank is on empty.

March 4th | 11a-2p | Best Burger Food Truck
[South Side of Michael F Sorrell Center](#)

March 8th | 12p-1p | The Art of Leading as a Woman
Online Webinar - [Register Here](#)

March 10th | 2p-3p | Conversations for Inclusive Excellence
Online Group Discussion - [Add to your calendar here](#)

March 15th | 12p-1p | The Importance of Women in Leadership
Online Webinar - [Register here](#)

March 16th | 12p-1:30p | Let's Talk - Women in Biz
Online Group Discussion - [Register here](#)

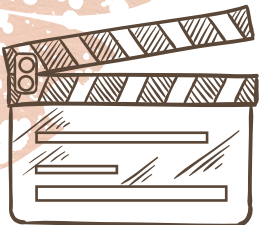
March 22nd | 12p-1p | Understanding Trauma Informed Care, Resilience & Health
Online Webinar - [Register Here](#)

March 29th | 12p-1p | UNMC Then & Now
Online Webinar - [Register Here](#)

March 30th | 9a-3p | Pick up a "Joy Jar" at the Inclusion Corner
[6th Floor, Northeast Corner, McGoogan Library](#).

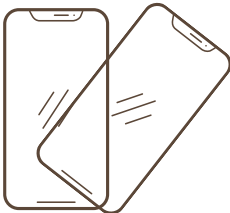
March 31st | 12p-1:30p | "Picture A Scientist"
Documentary UNMC Leader's Discussion Panel
Online Webinar - [Register Here](#)

Month-long Engagement Opportunities



AABA Cinema Series Reflection
*****Participate to win a mug or tumbler*****

1. Pick a movie from [this calendar](#). Pay attention to any biases that you notice while you watch a movie.
2. Think about how one thought could be reframed to #BreakTheBias.
3. Write a short reflection. Email it to aaba@nebraskamed.com along with your institutional mailbox zip code.



EMPOWER YWCA
Donation
Cell Phone Drive

- Check out the [YWCA site](#) and donate your old cell phones at the following sites' collection bins:
- MSC 3021 (Dr. Shenart's Office)
 - WSH suite 2.0.106 (Office of Community Engagement)



#BreakTheBias Campaign
National Social Media Campaign

- Check out [this site](#) (note the #BreakTheBias Pose). Pair the hashtags [#BreakTheBias](#), [#WHM](#) and [#UNMC](#) with the bulleted content on your social media:
- Take a selfie in the pose (see site link) wearing purple
 - Or comment on events or month-long engagement activities

Catch Bonus Media on the Inclusion & Diversity NOW Channel & on Twitter [@UNMCInclusion](#)