the Y. (YMCA)

WOMEN'S HISTORY MONTH BINGO

Tell 5 women something you appreciate about them	Eat lunch with a woman outside of your department	Read a book written by a woman	Exercise for 30 minutes with another woman	Read about an important woman of color in history
Take a picture of you and other women giving back to the community	Introduce yourself to a new woman	Support a local woman supporting organization	Learn about a female political candidate running for office	Listen to a podcast hosted by a woman (Two Dope Queens, Born Bossy, etc)
Register to vote and/or find out where your polling place is	Wear purple on March 8th in celebration of International Women's Day	Learn about the history of early trans woman activists	Open or Contribute to your 403(b) Smart Account.	Support a local Woman Owned Business
Find a new female artist that you like and follow their work	Go see a Wrinkle in Time	Send a Thank You card to a role model or mentor from your youth	Ask a woman you admire to share their wisdom	Talk to a female YMCA executive about their Y journey

Did you know?

International Women's Day (March 8th) is a global day celebrating the social, economic, cultural and political achievements of women. The day also marks a call to action for accelerating gender parity. International Women's Day (IWD) has been observed since the early 1900's – a time of great expansion and turbulence in the industrialized world that saw booming population growth and the rise of radical ideologies. It is also known as the United Nations (UN) Day for Women's Rights and International Peace.

HOW IT WORKS

• Review the bingo card above—it offers simple ideas for how to celebrate Women's History Month
• Practice one new habit each day for at least 20 days
• Feel free to journal your experience along the way or #YSFWLN on social media
• Once complete, post a creative picture of yourself on social media using **#YSFWLN @YMCASF**