

Recognizing the Women Knights

Women's Health Week is taking place at Arcadia from April 2nd - 6th! Women's Health Week is a time to celebrate women and empower them to take control of their health. As young women, it is important to be aware of the preventative health screenings that can protect your current and future health. If you are sexually active (this applies to men, too!), you should get tested annually for sexually transmitted infections (STIs). Early detection means earlier treatment, which will prevent reproductive health complications later in life. Starting at age 21, women should have a pap smear and pelvic exam every three years to screen for early signs cervical cancer. Click here to read more about the CDC's recommendations for [STI screenings](#) and [pap smears](#). If you have questions about where to get testing or ability to pay for testing, schedule an appointment with [Student Health Services](#) to talk about your options.

The following services are being offered at **discounted cost** during Women's Health Week:

- \$20 fee waived for visit
- Birth control is buy one get one free
- Emergency contraception is \$10

Schedule an appointment through [Student Health Services](#) to enjoy these special discounts in honor of supporting women's health.

Alcohol Awareness at Arcadia

Let's talk about it! Alcohol awareness helps to reduce the stigma associated with alcoholism as well as equip communities with information regarding alcohol consumption, alcoholism, and recovery. Alcohol awareness month takes place nationwide, and this year the focus is to create a culture of prevention and change attitudes regarding underage and binge drinking. Arcadia's Counseling Services will be hosting an Alcohol Awareness Event on **Wednesday, April 4th**. The event will take place from 11am-1pm in the Commons Chat and again from 2-4pm in the Easton Cafe. Come try on some beer goggles and learn about standard drink sizes!

Public Health Week

Arcadia is hosting its own Public Health Week from April 2nd -6th with different, exciting events every day!

- **Monday, April 2nd:**
 - What to learn about how the [COACH Model](#) is being used in public health programming? A presentation by CHOP and the Camden Coalition is taking place from **5-6pm** in **Brubaker 201**.

- Rob Hutchinson of Dynamic Influence will be giving a talk entitled Sober Thoughts from **7-8pm** in the **Great Hall**.
- **Tuesday, April 3rd:**
 - Free Yoga Class on **Haber Green** from **10:20-11:20am**.
 - The Victim Services Center of Montgomery County will be presenting on Sexual Assault Awareness from **2:10-3:50pm** in **Brubaker 102**.
- **Wednesday, April 4th:**
 - Arcadia's Alcohol Awareness Event. Stop by between **11am-1pm** in the **Commons Chat** and again from **2-4pm** in the **Easton Cafe**.
- **Thursday, April 5th:**
 - Come participate in the Women Against Abuse Support Project! We will be making key chains and learning about domestic violence from **2:10-3:10pm** in **Brubaker 302**.
 - Movie night! An environmental health film will be showing from **5:45-7:15pm** in **Brubaker 301**.
- **Friday, April 6th:** Come learn about the opioid crisis and what to do in the event of an emergency. Students will learn the signs and symptoms of overdose and how to administer Narcan to save lives! The event will take place from **8:30am-1pm** at **Montgomery County Community College**. More information available [here](#).
- Please consider donating bars of soap and toothbrushes this week to go to [Mayanza](#), an organization based in Guatemala and founded by an Arcadian faculty member! Drop-off box is located outside of **Brubaker 219**.

Destress with Dogs!

Take a break from studying for finals and come meet some new, furry friends on Haber Green! On April 26th and 27th, there will be cute dogs on the quad from 1-3pm. Can you think of a better study break?? We can't!

More information on Destress Week will be coming soon!