

2012 National Women's History Month  
*Women's Education – Women's Empowerment*  
March 1 – 31, 2012

On behalf of the Southwest Interagency Committee (SWIC), we ask that you be a part of our month long celebration of women and their many achievements. In keeping with the theme, *Women's Education – Women's Empowerment*, there will be a photo display on the first floor/ Cohen Building, of women who have made an impact in America's history. In commemoration of the important accomplishments of American women, during the week of March 19 – 23, we are proud to offer activities with the goal of remembering women through American history, and empowering women to forge a strong tomorrow. Thus, we seek to remember our past and create a brighter future.

**Monday, March 19: Kick Off**

Presenter: Gwendolyn Boyd, John Hopkins University – Applied Physics Laboratory (APL)

Hear from a pioneering African American woman who has made significant strides as a scientist, scholar and activist.

Topic: Staying on the course of excellence

Dance Group: Patapsco High School & Center for the Arts, Baltimore, Maryland

Dance Group: Dance Palace, Washington, DC

Time: 10:00 a.m. – 12:00 p.m.

Location: Cohen Building Auditorium, 330 Independence Avenue, SW, Washington, DC

**Tuesday, March 20: Taking care of yourself from the inside out (outer beauty)**

Nordstrom's Cosmetic Consultants will be here with their Spring Collection

Macy's and other cosmetic consultants are invited

Time: 1:00 p.m. – 3:00 p.m.

Location: VOA Briefing Room, 330 Independence Ave., SW, Washington, DC

**Wednesday, March 21: Re-enactment of the historical 1913 Women's Suffrage March**

Unity Activity - Remind women of the strength and power they have to change history

Time: 10:30 a.m. – Meet in the Cohen Parking Lot

Location: 11:00 a.m. – March from 3<sup>rd</sup> and Independence Avenue, SW to 8<sup>th</sup> and Pennsylvania Avenue, SE – march back to the Cohen Building, 330 Independence Avenue, Washington, DC and disband.

**Thursday, March 22: "Tips for Advancing Your Career"**

Presenter: Donna Grace, Director, Office of Human Resources, IBB

Presenter: Delia Johnson, Director, Office of Civil Rights, IBB

Moderator: Barbara Brady, Chief of Staff, VOA

Time: 10:00 a.m. – 12:00 noon

Location: VOA Briefing Room, 330 Independence Ave., SW, Washington, DC

**Friday, March 23: A healthier you (inner beauty)**

Zumba – Fitness Briefing/Workout Session

Karen A. Dawkins, Masters of Human Services Degree, Lincoln University, BA degree in Journalism, University of Maryland, Certified Sports Nutritionist, AMFPT, Certified Personal Trainer, American Muscle and Fitness Training Institute, AMFPT; Certified Group Exercise Instructor, Aerobics and Fitness Association of America (AFAA), Licensed in Zumba and Zumba Toning, as well as a host of other exercise-specific training certifications.

Time: 12:00 p.m. – 1:00 p.m.

Location: Cohen Building Auditorium, 330 Independence Ave., SW, Washington, DC