



Murray conducting holiday card- making workshop in December

YOU ARE INVITED . . . to help create holiday cheer for the residents of NHC HealthCare in Johnson City.

Express your colorful creativity by making happy holiday greeting cards! No skills required! Join **Pam Murray, B.A., M.B.A.**, local artist and creative coach, on Tuesday, December 11, 2018, for a **“Holiday Creative Card-Making” Workshop**. This marks the seventh year for this annual workshop.

In this workshop, Murray guides participants through creating holiday-themed cards that provide endless possibilities for true self-expression using all materials provided – paints, pencils, decorative paper, stickers, stamps, shiny things, and more. Just let your imagination flow! Most importantly, this is a chance for creating cards to share with the nursing home residents of **NHC HealthCare – Johnson City**, bringing some loving holiday cheer and joy from your heart to the residents in the Continuing Care Unit. This is a wonderful opportunity for each participant to **give back** to the community while having fun themselves. Come join us!

This one-time **holiday-inspired** session will be held in the Campus Center Building, Global Understanding Video Conference Room, room 233, at noon.

Reservations are required. To reserve a space for **Murray’s Women’s Personal Enrichment Workshop**, contact the Women’s Resource Center at 423-439-5772 or email wrcetsu@etsu.edu. This workshop is free and open to the public.



Haas presenting women’s health series seminar in January

Have you tried over and over to lose weight permanently but end up right back where you started or even sometimes gaining more weight? Would you like to stop counting calories,

feeling hungry, and depriving yourself when dieting? Would you like to lose weight and keep it off this time? Boost your energy? Look and feel amazing in your clothes?



If these questions apply to you, then join us on Tuesday, January 29, 2019, when **Sarah Haas** (pictured left), local integrative nutritional health coach and certified personal trainer, presents **“Lose Weight Even If You Don’t Have Willpower.”** Location is the Global Understanding Video Conference Room, Campus Center Building, room 233. Start time is noon.

In this workshop, Haas will provide practical solutions to losing weight and regaining your health while feeling full and satisfied. No more calorie counting, going hungry, or feeling deprived!

In this workshop, you will learn:

- How to lose weight efficiently
- Why diets don’t work
- How to permanently change your eating habits
- Reduce your cravings and be more in control
- All about metabolism, blood sugar, and carbohydrates
- How to regain your energy and vitality

Reservations are required. To reserve a space for the **Haas Women’s Health Series** seminar, contact the Women’s Resource Center at 423-439-5772 or email wrcetsu@etsu.edu. This seminar is free and open to the public.



Iglesias presenting personal finance seminar in February

In February 2019, financially planning for the future is the focus of an upcoming **Women’s Personal Finance Series** seminar. Preparing for retirement, living in retirement, and planning for the unexpected are just a few of the topics that will be addressed in this seminar.

Join us on Tuesday, February 12, for **“Five Money Questions for Women”** with guest speaker **Diego Iglesias, A.A.M.S.**, (pictured above), financial advisor with Edward Jones. Location is the Global Understanding Video Conference Room, Campus Center Building, room 233. Start time is noon.

Iglesias is a native of Mar del Plata, Argentina; however, he has lived in the local community since 2002. He is a graduate of ETSU with a bachelor of business administration in corporate finance and investments and a master of business administration.

Iglesias' career with Edward Jones began in 2011 as a financial advisor in Jonesborough, Tenn. Prior to joining the Edward Jones family, he worked for several years at a local community bank, serving as the financial center manager and vice president. Regarding his position with Edward Jones, Iglesias states, "I believe it's important to invest my time to understand what you're working toward before you invest your money." His branch office provides services that can help you plan for retirement, save for college expenses, plan for unexpected life events, and save money on your taxes.

Reservations are required. To reserve a space for the **Iglesias Women's Personal Finance Series** seminar, contact the Women's Resource Center at 423-439-5772 or email wrcetsu@etsu.edu. This seminar is free and open to the public.

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"Go Green" and Donate Your Prom Dresses to the YWCA

Every year, area teens and young women have an opportunity to "go green" by donating their prom gowns to the **YWCA Prom Dress Project** hosted by the Junior Board of Directors. The annual sale, which will be open to area high school girls, is scheduled for March 2, 2019, from 9:00 a.m. to 5:00 p.m. This sale features hundreds of previously worn gowns and accessories at deeply discounted prices. The YWCA Northeast Tennessee and Southwest Virginia is now in its **12th** year of providing this service to young women in this region.

"As you are going through your closet cleaning out for winter, please bring any prom gowns or accessories to YWCA, located at 106 State Street, or any of our partners in the community," said Tammy Alls, director of Mission Advancement at the YWCA. "All contributions are greatly appreciated, and this is a great opportunity for ETSU students to get in some volunteer hours!"

The YWCA is looking for gently used, up-to-date gowns, as well as accessories, such as the jewelry, clutches, and shoes that accompany the prom attire. "We are in desperate need of fuller figure gowns, especially sizes 16 through 28. All sizes and styles are welcomed," according to Alls.

The Women's Resource Center is once again partnering with the YWCA this year to assist in the donation process. Donations will be accepted through February 22, 2019, at the Women's Resource Center, Campus Center Building, room 220. So go through your closets at home and locate that "like-new" or "gently used" prom- and formal-wear clothing taking up your valuable closet space and donate those items to a great community-based project.

For more information about this project, contact the Women's Resource Center at 423-439-5772 or Tammy Alls, YWCA, at 423-968-9444 or by email at THenkel@ywcavnva.org.

Please note: The YWCA Junior Board of Directors is a diverse group of young women ages 20-40 who have a desire to acquire more leadership and service skills within the community. Their goals are to build awareness and support of the YWCA in the younger adult segment and to enhance and support the mission of the YWCA. Ladies, if you are interested in joining, contact Tammy Alls, THenkel@ywcavnva.org.



Worley to present 'S.A.F.E.' seminar

On Wednesday, February 27, 2019, **ETSU Public Safety Officer Sgt. Amanda Worley** (pictured left), will facilitate "**STOP Violence Against Teenage and Adult Women**" for the *Women's Personal and Professional Enrichment Lunch Break Series*. Location is the Global Understanding Video Conference Room, Campus Center Building, room 233. Start time is noon.

The National Self-Defense Institute's (NSDI) **'S.A.F.E.' PROGRAM** is an initiative to *STOP Violence Against Teenage and Adult Women*. **'S.A.F.E.'** (an acronym for **S**elf-defense **A**wareness & **F**amiliarization **E**xchange) is an educational awareness, crime-victim prevention program – encompassing **S**trategies, **T**echniques, **O**ptions, and **P**revention (S.T.O.P.) – that provides teenage and adult women with information that may reduce their risk of exposure to violence.



Worley guides participants through a 13-piece full-color folio packed with safety information every woman should know (a complete folio packet is given to every participant). The packet provides women with solid public safety awareness information to incorporate into their daily lives.

Reservations are required. Join us for this important *Women's Personal and Professional Enrichment Series Lunch Break Seminar*. For more information, contact the Women's Resource Center at 423-439-5772 or email us at

ETSU Women's Resource Center
Program Schedule

For more information on the events listed contact the *WRC* at 423-439-5772.

DECEMBER 2018 – FEBRUARY 2019

Main Campus Programs

Tuesday, December 11

“Holiday Creative Card-Making” Workshop – A Women’s Personal Enrichment Lunch Break Workshop. Pam Murray, B.A., M.B.A., local artist and creative coach, is conducting this one-session workshop. Join Murray as she guides participants through creating holiday-themed greeting cards to share with the nursing home residents at NHC HealthCare – Johnson City. **Reservations are required.** See article on page 1.

Location & Time: Campus Center Building, Global Understanding Video Conference Room, room 233, noon.

Wednesday, December 12

Book Review Group. Participants will meet to discuss **“your favorite reads of 2018.”** Come and discuss books you have read throughout 2018 that have not been included in our reading selections. New readers welcome.

Location & Time: Women’s Resource Center, Campus Center Building, room 220, noon.

Wednesday, January 16

Book Review Group. Participants will meet to discuss *The Tea Girl of Hummingbird Lane* by Lisa See. New readers welcome.

Location & Time: Women’s Resource Center, Campus Center Building, room 220, noon.

Tuesday, January 29

“Lose Weight Even If You Don't Have Willpower” – A Women’s Health Series Lunch Break Seminar. Sarah Haas, a local integrative nutritional health coach and certified personal trainer, is guest speaker. In this workshop, Haas will provide practical solutions to losing weight and regaining your health while feeling full and satisfied. No more calorie counting, going hungry, or feeling deprived!

Reservations are required. See article on page 1.

Location & Time: Campus Center Building, Global Understanding Video Conference Room, room 233, noon.

Tuesday, February 12

“Five Money Questions for Women” – A Women’s Personal Finance Series Lunch Break Seminar. Diego Iglesias, A.A.M.S., financial advisor with Edward Jones, is guest speaker. Iglesias will discuss preparing for retirement, living in retirement, and planning for the unexpected just to mention a few of the topics that will be addressed in this seminar. **Reservations are required.** See article on pages 1-2.

Location & Time: Campus Center Building, Global Understanding Video Conference Room, room 233, noon.

Wednesday, February 20

Book Review Group. Participants will meet to discuss *Winter Garden: A Novel* by Kristin Hannah. New readers welcome.

Location & Time: Women’s Resource Center, Campus Center Building, room 220, noon.

Wednesday, February 27

“STOP Violence Against Teenage and Adult Women” – A Women’s Personal and Professional Enrichment Series Lunch Break Seminar. ETSU Public Safety Officer Sgt. Amanda Worley is guest speaker. In her hour-long seminar, Worley guides participants through an educational awareness, crime-victim prevention program that provides teenage and adult women with information that may reduce their risk of exposure to violence. **Reservations are required.** See article on page 2.

Location & Time: Campus Center Building, Global Understanding Video Conference Room, room 233, noon.

ALL PROGRAMS ARE FREE and OPEN TO THE PUBLIC.

MORE CAMPUS NEWS & UPDATES

National Women's History Month March 2019

Theme:

Visionary Women: Champions of Peace & Nonviolence

Honorees for the 2019 celebration of **National Women's History Month** are women who have led efforts to end war, violence, and injustice and pioneered the use of nonviolence to change society. Visit the National Women's History Project website at <http://www.nwhp.org/> for more information.



HOLIDAY CLOSINGS

ETSU will be closed December 24, 2018, through
January 1, 2019.

The university will be closed on Monday, January 21, 2019,
in observance of *Martin Luther King, Jr. Day*.

Spring Semester 2019

Classes begin January 14, 2019.



Women's Resource Center NEWSLETTER

The ETSU Women's Resource Center Newsletter is published
quarterly at East Tennessee State University, Johnson City, Tenn.
Mailing Address: PO Box 70272, Johnson City, TN 37614.
Phone: 423-439-5772. Fax: 423-439-5760.

E-mail address: wrcetsu@etsu.edu.
Visit our web site at: <http://www.etsu.edu/wrcetsu/>

Harriet P. Masters, director
Jennifer Maupin, secretary
Mallory McWherter, student assistant

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