



We aspire to serve all students by providing a voice for women and gender equity at Creighton.

Friday February 1st is Wear Red for Women's Heart Health Day!

Did you know that Heart Disease is the #1 killer of women in the US? It is more deadly than all forms of cancer and takes the life of approximately one women per minute! Many American women are unaware of the signs and risk factors, decreasing their chances for survival of a heart attack or of reaching a correct diagnosis. Do you know if you're at risk?

In addition, there is an abundance of myths about heart disease that keep many women from seeking the medical attention they need or from paying attention to heart healthy practices that could prevent the disease entirely. For example, many women assume heart disease is a

men's health issue and that breast cancer the real problem to be aware of. In fact, breast cancer claims the life of one in thirty-one women per year, when heart disease is the cause of one in three female deaths overall. Another myth is that heart disease is only for old people. In reality, heart disease affects women of all ages, with age only increasing the risk. The American Heart Association recommends that women begin getting their cholesterol checked at age 20, or earlier if they have a family history of heart disease or any type of congenital heart defect.

So what can you do to decrease your risk of developing heart disease? Well you can start by getting your

cholesterol and blood pressure checked. At your appointment, ask your doctor about your risks as an individual based on your b.p., cholesterol, age, ethnicity, and family history. An active lifestyle and heart healthy eating are also good ways to decrease your overall risk for developing the disease. Additionally, the American Heart Association has a wealth of resources from heart disease prevention to treatment options on their website:

<http://www.goredforwomen.org/>

Half the Sky:

Join us on Tuesday, February 26th, at 6:30 pm in Rigge 120 for a screening of the documentary, *Half the Sky*, followed by a panel discussion. This film follows reporter Nicholas Kristof along with 6 A-lister advocates, Meg Ryan, America Ferrera, Olivia Wilde, Gabrielle Union, Eva Mendes, and Diane Lane as they travel across Africa, Asia, and the Middle East, as well as the US, to meet women and girls who are living in some of the most difficult circumstances imaginable, yet have been able to enact change both in their own lives and the lives of others. The film shows “viable and sustainable options for empowerment and offers an actionable blueprint for transformation.”

“With Pulitzer Prize-winning journalists Nicholas Kristof and Sheryl WuDunn as our guides, we undertake an odyssey through Africa and Asia to meet with extraordinary women struggling there. Among them is a Cambodian teenager sold into sex slavery and an Ethiopian woman who suffered devastating injuries in childbirth. Drawing on the breadth of their combined reporting experience, Kristof and WuDunn depict our world with anger,

sadness, clarity and, ultimately, hope. They show how a little help can transform the lives of women and girls abroad. That Cambodian girl eventually escaped from her brothel and, with assistance from an aid group, built a thriving retail business that supports her family. The Ethiopian woman had her injuries repaired and in time became a surgeon.”

For more information, see:

<http://www.halftheskymovement.org/>

“Half the Sky: Turning Oppression into Opportunity for Women Worldwide is a passionate call to arms against our era’s most pervasive human rights violation: the oppression of women and girls in the developing world.”



LIEBEN CENTER CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Wear Red for Heart Health!	
					1	2
3	4	5	6	9	8	9
				Mary Lucretia & Sarah Emily Award Luncheon		
10	11	13	13	14	15	16
				-Happy Valentine's Day! -Brown Bag Lunch on Heart Health		Pink-Out! Women's Basketball Game
17	18	19	20	21	22	23
		Women's Discernment Group				
24	25	26	27	28		
		Half the Sky Viewing				

- Friday, February 1st is Wear Red for Women Day: wear the color red to show your support and increase awareness. This event is all day.
- Thursday, February 9th is the award luncheon for the recipients of the prestigious Mary Lucretia and Sarah Emily Award. This event takes place in the Harper Center Ballroom from 11:30 am to 1:30 pm.
- Thursday, February 14th is a bring your own Brown Bag Lunch featuring a talk from Tami Ward, APRN on heart health. This event will take place from noon to 1 pm and will be located in Skutt 104. Heart healthy snacks will be provided.
- Saturday, February 16th is a women's basketball game Pink-Out against Wichita State at 3:05 pm in the Sokol Arena. Wear pink to the game to show your support for Breast Cancer research and awareness. The Lieben Center will be supporting this event by providing free waterbottles with free refills at the Concession Stand to the first 50 students.
- Tuesday, February 19th is a meeting of a Women's Discernment Group in the office of Campus Ministries. This event will be a discussion of the questions women on campus face as they develop a stronger sense of independence and confidence. This will be at 4:00pm.
- Tuesday, February 26th is the showing of *Half the Sky*, a documentary about the gut-wrenching struggles women face in the developing world. It shares the stories of a few brave and innovative women who have overcome horrific circumstances to change their own lives as well as the lives of many around them. This event will take place in Rigge 120 at 6:30 pm and will include a discussion by panelists after the viewing.