

10-24-1983

Women's Center calendar, October 24-November 6, 1983

Eastern Washington University. Women's Center

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The Women's Center is for Everyone

WOMEN'S CENTER
Monroe Hall
Room #114

PHONE: 359-2847
0-261
Women's center
Lee Swedberg
10/21

Monday, October 24, 1983

*STRESS AND YOU: Raleigh Hills Hospital Stress Management Intern, Ricci Wallace, will teach relaxation exercises and use role playing to demonstrate constructive ways of dealing with stress. 12:00 Noon.

Wednesday, October 26, 1983

*SPINNING UNUSUAL FIBERS: Margaret Craford demonstrates spinning unusual fibers, including dog hair and angora rabbit fur. She will also demonstrate angora rabbit grooming and fiber preparation. 12:00 Noon.

Friday, October 28, 1983

*FOOD LAB: SPAGHETTI WITH FRESH VEGATABLES AND CLAMS: Learn to make this dish with Jim Marshall and eat the results. \$2.00 registration fee. Pay and sign up at the Women's Center. Meet in Hargreaves food lab. Recipe available in the Women's Center. 12:00 Noon. Pre-registration required.

Saturday, October 29, 1983

*BICYCLE MAINTENANCE: Thomas Ramsey shows you the basics of bicycle maintenance from 10:00 am to 12:00 noon. Bring your bike! Optional bike tour to Turnbull Wildlife Refuge at noon, so bring a sack lunch. Meet at the Women's Center at 12:00 noon. (Originally scheduled for October 15, 1983.)

1ST ANNUAL WOMEN'S CENTER SPONSORED "ALCOHOL AWARENESS WEEK" - October 31 - November 3, 1983

Monday, October 31, 1983

*Ted Johnson, M.D. of Raleigh Hills Hospital in Spokane presents Alcohol Overview and Symptoms. 12:00 noon to 2:00 p.m. at the Women's Center.

Tuesday, November 1, 1983

*Panel Discussion: Women & Alcohol. Panel will consist of a homemaker, student, professional, and teenager who are recovering alcoholics. 12:00 noon to 2:00 p.m. Women's Center.

Wednesday, November 2, 1983

*Daybreak and Spokane Alcohol Rehabilitation Centers will present Alcohol Family Dynamics through role playing and discussion. 12:00 noon to 2:00 p.m. at the Women's Center.

Thursday, November 3, 1983

*Alcohol Information Day. Learn about local agencies which deal with alcoholism in the PUB from 10:00 a.m. to 2:00 p.m. Agency representatives will be available to answer your questions in the Main Street of the PUB.

Sunday, November 6, 1983

*WOMEN OF THE WEST: A one-woman show by Deborah Blanche, storytelling actress. Stories, music and dramatization of some of the Old West's most colorful women. Patterson Hall Auditorium, 7:30 p.m. Admission FREE. Action Arts, New Mexico. Co-sponsored by the Women's Center, History Department, WSAC, Theatre Department, and Department of Communication Studies.

THE WOMEN'S CENTER IS IN THE PROCESS OF UP-DATING THEIR MAILING LIST. IF YOU ARE INTERESTED IN RECEIVING THE NEWSLETTER AND OTHER WOMEN'S CENTER INFORMATION, CALL 359-2847 AND HAVE YOUR NAME PUT ON THE MAILING LIST.

