



The English-Speaking Union  
Andrew Romay New Immigrant Center

## WORKSHOP and DISCUSSION Women's Health

with Diandra Kalish  
untabooed@gmail.com/ untabooed.org



Two parts: Thursday, September 10<sup>th</sup> and Friday, September 11<sup>th</sup> 12:30-1:30  
(Pizza to be served)

Learn how to save money, help the environment, and be healthier!

The two days will include:



1. opening up the conversation about menstruation
2. educating about over all menstrual health
3. introduction to reusable menstrual products  
(menstrual cups and cloth pads)
4. proper use of reusable *and* disposable menstrual products

**At the end of the workshops, you will have the opportunity to take home a reusable product.**

In addition to being the Education Assistant at the English Speaking Union, Diandra has started a project called UnTabooed to help break the taboo around the topic of menstruation. Diandra was inspired to start this organization after reading about the struggle many homeless women in New York City face each month when they don't have access to pads and tampons. Using her knowledge about reusable feminine hygiene products, she proposed a solution to a problem that not only saves money, but is also a healthier and more environmentally sustainable monthly solution.



Please email to register for this workshop: [toren@esuus.org](mailto:toren@esuus.org) or [dkalish@esuus.org](mailto:dkalish@esuus.org)

THE ENGLISH-SPEAKING UNION OF THE UNITED STATES

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