

**Global Perspectives on Sexual Health and Reproductive Justice: A Call to Action!** • Arcata Playhouse; 9:30-11am; free  
Presented by Corinna Irwin, this interactive class goes over current and historical issues related to sexual and reproductive health: access to birth control, HIV/AIDS, sexualized violence, gender non-conformers, cervical cancer, and sex work. These narratives help us to understand our current state of affairs, including the global gag rule and defunding of Planned Parenthood. What actions can we take on a local level, to support our communities in reproductive rights and justice?

❖ **Vocal River Workshop with Rhiannon** • Tower; 10-1pm, 2:30-4:30pm; \$200 (for 2-day workshop; register in advance at [zerotofierce.com](http://zerotofierce.com))

For singers and teachers with good pitch and the desire to study vocal improvisation, circle singing, and song form. We will sing together to find our unique and personal sound, working alone, in pairs, and in ensemble collaborations using the pleasure of physical movement while combining intuition and invention with skill and heart. Using Rhiannon's Vocal River exercises, we will deepen our improvisational vocabulary and study melody, harmony, rhythm, and tone and then circle up and sing.

**Yoga and Meditation Class with Stephanie Perrett** • Tosha Yoga; 12-1pm; free

Come join Stephanie for this free lunchtime class designed to encourage centering and mindfulness. We will breathe through slow gentle movements and then have a short guided seated meditation. Perfect for beginners and accessible for all bodies! All props will be provided.

**The Lunch Box: Local Women in Media** • Arcata Playhouse; 1-2:30pm; free; light lunch available for \$7

A panel of local journalists discuss the challenges and rewards of the field and answer questions from audience members about their careers and the future of journalism. Panelists: Linda Stansberry, Jennifer Fumiko Cahill, Kimberly Wear

**Northern California Community Blood Bank** • Arcata Playhouse parking lot; 2-7pm Give the gift of life...donate blood!

**Meditation Secrets for Women The Tiny Purple House** • 3:30-5pm; free

The benefits and gifts of meditation are many but there are few tailored to the special interests, aptitudes, and needs of women. In this workshop, Marilyn and Kristi will introduce you to different ways of meditating with the potential of supporting you in aligning with your natural rhythms, tapping into your power, restoring inner balance, and letting go into inner peace. Come and join us for an afternoon of connecting with restorative serenity, rejuvenation, and life-affirming joy! All are welcome - both beginners and experienced meditators!

**Beginner Upcycled Sewing Open Studio & Denim Pouch** • Scrap Humboldt, 101 H St., Arcata; 5:30-7:30; \$5

Join our resident sewing expert, Athena, for her monthly sewing series! This workshop is designed to meet the needs of a wide variety of creators: those who have never sewn before, those who need a little help finishing up an existing project, and those who are just looking for a new hobby. During this time, Athena will be teaching how to deconstruct denim and transform it into a small pouch. She will also be available to assist people with existing sewing projects. Bring a project that you want to work on, or just bring your willingness to learn. Participants will learn hand and machine sewing techniques. All materials for the pouch will be provided. No sewing skills required! To register go on line at <http://scraphumboldt.org/programs/adult-workshops/>

❖ **The 2017 Convivial Symposium in the style of Plato** • Arcata Playhouse; 6-10pm; sliding scale \$10-\$20

Convivial means "of or relating to social events where people can eat, drink, and talk in a friendly way with others." This convivial event hosted by the Arcata Playhouse will be a casual evening of food, fun, drinks, and lively conversation oriented to females. Ticket includes catered dinner, wine, and great conversations. Limited seating available.

