

WEEK 1 ( date ex. Jan 1-7 )

NOTES:

Monday


Tuesday


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Wednesday


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Thursday


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Friday


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Saturday


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Sunday


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"The women's movement is about survival, about finding our strength and using it to help other women. We reach out to each other to build a different kind of society--one where women are equal in power to men and where children are truly prized." -Helen Rodriguez-Trias, M.D.



Dr. Helen Rodriguez-Trias became the first latina president of the American Public Health Association in 1993.

