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FOR IMMEDIATE RELEASE

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Cal Poly ReMEmber Week Runs April 22-29 With Events Open to the Public

SAN LUIS OBISPO -- "ReMEmber Week," a week of events devoted to raising awareness about sexual assault and violence towards women, will be held on the Cal Poly campus and at locations throughout the community April 22-29.

Most events are free and all are open to the public. Events include self-defense classes, speakers, yoga and dance classes. The week ends with the annual "Take Back the Night Rally."

Events Scheduled during ReMEmber Week 2005 include:

Friday, April 22: Memorial, 5 p.m., Mission Plaza, San Luis Obispo.
A night to remember victims of violence Kristen Smart, Rachel Newhouse, Aundria Crawford, Christina Hogan, and Laci Peterson, as well as other survivors and victims of sexual assault.

Saturday, April 23: "Walk a Mile in Her Shoes," noon, Mitchell Park, San Luis Obispo.
A chance for men to slip on stilettos for a one-mile walk through downtown SLO to raise awareness about the role men can play in ending sexual violence. Shoes will be provided, but are not required. Activities include BBQ and music. Registration at 11:30 am. Call the SARP Center for details contact (805) 545-8888.

Sunday, April 24: Yoga, 3-4:30 p.m., Mitchell Park.
Evening yoga will focus on alignment and relaxation by releasing tension in the joints. Instruction will be provided on how to soothe the mind and create balance and inner calm. Wear comfortable clothing. Limited mats. Donation suggested.

Monday, April 25: “Run 2 Remember,” 6 p.m., Cal Poly Health Center Lawn.
Come and enjoy a timed 5K fun run under the stars on Cal Poly’s campus, while raising money for Remember Week. Open to everyone. $15 Registration fee includes a t-shirt and a glow stick bracelet. Pre-register at the Women’s Center,UU, Room 217 or register the night of the run on the Health Center lawn.

Tuesday, April 26: UU Hour Debate, 11 a.m.-noon, University Union Plaza.
Come listen to a debate with the Cal Poly Debate Team in the UU Plaza. The topic of the debate will cover a relevant issue of sexual assault. Judges will oversee and present a $100 prize to the winner.

Self-Defense Workshop (for women only) 5-9 p.m., University Union, San Luis Lounge.
A four-hour training put on by the SARP Center teaching assertiveness, awareness, and self-defense techniques. Wear comfortable clothes. Space is limited; sign up early by calling the Women’s Center at 756-2600.

Wednesday, April 27: Nia Body Movement, noon-1:30 p.m., UU, Room 220.
A workout blend of martial, healing, and dance arts performed to world music. Wear comfortable clothes. $5 donation suggested.
Transgender speaker Kate Bornstein, T 6-7:30 p.m., UU, Bishop's Lounge.
Kate Bornstein is an internationally known transgender author and activist. Her works include “Gender Outlaw” and “My Gender Workbook.” Her discussion will touch on the politics of sexuality and gender, the complex continuum of personal identity, and the intersection of violence and misogyny.

Thursday, April 28, Women’s Day in the Plaza, 11 a.m.-Noon, UU Plaza.
A day for women to come together and enjoy UU hour with a band, food, informational booths, massage stations, self-defense display, arts and crafts, and games. Sponsored by ASI.

Friday, April 29, Take Back the Night, 5-8 p.m., Mission Plaza.
Enjoy a night of entertainment, education, awareness, and empowerment. The night will include music by Mudbath drum circle, nationally-known spoken word artists, food, and interactive art activities.

Remember week is organized by Cal Poly Women’s Programs through Student Life and Leadership. Each year different groups collaborate to make the week happen. For more information contact the Women’s Center at 756-2600 or visit the ReMEmber Web site at http://womensprograms.calpoly.edu/remember/index.html.

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