


## WOMEN'S WELLNESS MONTH

We are excited to invite you to [series of events throughout the month of March](#) with a focus on women's wellness. Check the [calendar](#) and join sessions on stress management, conflict management in life and at work, parenting, leadership, safety and confidence, nutrition, fitness classes, and more.

*This year's [Women's Wellness Month](#) is hosted in close collaboration with [WBG Women's Network](#), [Healthy Staff Group](#), Health & Safety Directorate (HSD), WBG Fitness Center, the Single Parents Inclusion Network (SPIN), Mediation, Internal Justice Services, and more! Join us to celebrate the international women's month as we launch this year's edition of Women's Wellness Month.*

### [REGISTER NOW](#)

<b>Women's Wellness Month</b> <b>March 2022</b>			
 <small>WORLD BANK GROUP</small> <b>WOMEN'S NETWORK</b>			
DATE	Time (Washington D.C. Time)	SESSION	CONNECTION LINK
Tuesday, March 1, 2022	1:00PM - 1:30PM	<b>Meditation: Body Scan for Chronic Pain</b> Host: Melanie Anne Cashdan, HSD	<a href="#">Microsoft Teams meeting</a> <a href="#">Click here to join the meeting</a>
Wednesday, March 2, 2022	12:00PM - 12:45PM	<b>Body Composition and Aging Gracefully</b> Host: Abner Figueroa; Mahdia Sbih; WBG Fitness Center	<a href="#">Microsoft Teams meeting</a> <a href="#">Click here to join the meeting</a>
Wednesday, March 2, 2022	1:00PM - 2:00PM	<b>You, the (Parent) Leader: How to Effectively Lead Teams and Teens in Transition Times</b> Host: Olga A. Rines /Healthy Staff Group	<a href="#">Register to attend</a>
Thursday, March 3, 2022	9:00AM - 10.15AM	<b>Creative Writing Workshop</b> Host: Stefanie Brodmann, Senior Economist	<a href="#">Microsoft Teams meeting</a> <a href="#">Click here to join the meeting</a>

DATE	Time (Washington D.C. Time)	SESSION	CONNECTION LINK
Monday, March 7, 2022	9:30 AM - 10:00 AM	<b>Meditation: Ease Menopause Symptoms</b> Host: Melanie Anne Cashdan, HSD	<a href="#">Microsoft Teams meeting</a> <a href="#">Click here to join the meeting</a>
Tuesday, March 8, 2022		UN International Day Observance for Women	
Tuesday, March 8, 2022	2:00AM - 2:30AM Mar 9 (EST)  1:00PM - 1:30PM Mar 8 (IST)	<b>Meditation: Relaxing the Mind &amp; Body</b> (India time zone) Host: Megha Gore/Healthy Staff Group	<a href="#">Microsoft Teams meeting</a> <a href="#">Click here to join the meeting</a>
Wednesday, March 9, 2022	1:00PM	<b>Yoga</b> Host: Cecile Fruman, Director, SAR	<a href="#">Microsoft Teams meeting</a> <a href="#">Click here to join the meeting</a>
Wednesday, March 9, 2022	1:00PM - 2:00PM	<b>Being Safe and Confident – in Life and Every Day</b> Host: Olga A. Rines /Healthy Staff Group	<a href="#">Register to attend</a>
Thursday, March 10, 2022	12:00PM	<b>Power of Breathing</b> Host: Xiaolin Wang/Fitness Center/Healthy Staff Group	<a href="#">Microsoft Teams meeting</a> <a href="#">Click here to join the meeting</a>
Monday, March 14, 2022	5:30PM- 6.15PM	<b>Restorative/yin/nidra yoga session</b> Host: Maria-Audrey S. Roxas (Audrey)/HealthyStaff Group	<a href="#">Microsoft Teams meeting</a> <a href="#">Click here to join the meeting</a>
Tuesday, March, 15, 2022	8:00AM - 8:30AM	<b>Meditation: Compassion Meditation</b> Host: Megha Gore/Healthy Staff Group	<a href="#">Microsoft Teams meeting</a> <a href="#">Click here to join the meeting</a>
Tuesday, March, 15, 2022	9:00AM- 10:00AM	<b>Strategies to Improve Nutrition in Uncertain Times</b> Host: Lynnette Lee Simpson /Healthy Staff Group	<a href="#">Microsoft Teams meeting</a> <a href="#">Click here to join the meeting</a>
Tuesday, March, 15, 2022	12:00PM- 1:00PM	<b>Body Fitness; exercise session</b> Host: Gaby Loibl/Healthy Staff Group	<a href="#">Microsoft Teams meeting</a> <a href="#">Click here to join the meeting</a>

DATE	Time (Washington D.C. Time)	SESSION	CONNECTION LINK
Tuesday, March, 15, 2022	3:00PM- 4:00PM	<b>Yoga</b> Host: Cecile Fruman, Director, SAR	<a href="#">Microsoft Teams meeting</a> <a href="#">Click here to join the meeting</a>
Wednesday, March 16, 2022	12:00PM - 12:45PM	<b>Women's Bodyweight Strength Class</b> with DaniClark, Senior External Affairs Officer	<a href="#">Microsoft Teams meeting</a> <a href="#">Click here to join the meeting</a>
Wednesday, March 16, 2022	1:00PM- 2:30PM	<b>The Woman's Power: The Body and Mind Journey of the 21C Woman</b> Host: Olga A. Rines /Healthy Staff Group	<a href="#">Register to attend</a>
Thursday, March 17, 2022	10:00AM- 11:00AM	<b>Emotional Health During &amp; After Pregnancy</b> Host: Melanie Anne Cashdan, HSD	<a href="#">Microsoft Teams meeting</a> <a href="#">Click here to join the meeting</a>
Thursday, March 17, 2022	12:30PM - 2:00PM	<b>SPIN: Parenting in a Pandemic: How to keep thefamily running when no one else can</b> Host: Korina Lopez, External Affairs Officer/SPIN	<a href="#">Register to attend</a>
Monday, March 21, 2022	9:00AM - 10.15AM	<b>Creative Writing Workshop</b> Host: Stefanie Brodmann, Senior Economist	<a href="#">Microsoft Teams meeting</a> <a href="#">Click here to join the meeting</a>
Tuesday, March 22, 2022	8:00AM	<b>Speaker Series: Jumping from administrative/support to operations</b> Host: WBG Women's Network	<a href="#">Microsoft Teams meeting</a> <a href="#">Click here to join the meeting</a>
Tuesday, March 22, 2022	2:00 - 2.30 AM Mar 22 (EST)  1-2 PM Mar 23 (IST)	<b>Meditation: Letting go of difficult emotions</b> (India time zone) Host: Megha Gore/Healthy Staff Group	<a href="#">Microsoft Teams meeting</a> <a href="#">Click here to join the meeting</a>
Tuesday, March 22, 2022	1:00PM - 2:00PM	<b>Yoga</b> Host: Cecile Fruman, Director, SAR	<a href="#">Microsoft Teams meeting</a> <a href="#">Click here to join the meeting</a>
Wednesday, March 23, 2022	1:00PM - 2:00PM	<b>Breaking the 'H.E.R.O.' Trap for Success and Fulfillment</b> Host: Olga A. Rines /Healthy Staff Group	<a href="#">Register to attend</a>

DATE	Time (Washington D.C. Time)	SESSION	CONNECTION LINK
Friday, March 25, 2022	9:00AM - 10:00AM	<b>Book Club</b> Host: Mariyam Razyieva/WBGWN	<a href="#">Microsoft Teams meeting</a> <a href="#">Click here to join the meeting</a>
Tuesday, March 29, 2022	8:00AM- 9:30AM	<b>Women, Conflict, and Negotiation</b> Host: Internal Justice Services	<a href="#">Microsoft Teams meeting</a> <a href="#">Click here to join the meeting</a>
Wednesday, March 30, 2022	12:00 - 12:45PM	<b>Women's Bodyweight Strength Class</b> with DaniClark, Senior External Affairs Officer	<a href="#">Microsoft Teams meeting</a> <a href="#">Click here to join the meeting</a>
Wednesday, March 30, 2022	1:00PM - 2:00PM	<b>Understanding and Managing Conflicts in Life and at Work</b> Host: Mediation unit/Olga A. Rines /Healthy Staff Group	<a href="#">Register to attend</a>

[Join our Yammer Group](#) for updates, information, new events, replays, blogs, peer-to-peer support, and much more! Stay healthy and balanced! See you soon!