

THE CITY OF SUMMIT

N E W J E R S E Y

CITY HALL 512 SPRINGFIELD AVENUE SUMMIT, NJ 07901

News Release

For immediate release

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Women's History Month event at Summit Community Center on March 8

SUMMIT, NJ, February 21, 2024 – The City of Summit is hosting a Women's History Month event on International Women's Day on Friday, March 8, from 4PM to 6PM at the Summit Community Center located at 100 Morris Ave. The event is open to all members of the public.

The event will begin with a panel discussion from 4PM to 4:30PM on inspirational Summit women whose impacts span many interdisciplinary areas. Contributions of Summit women past and present will be discussed.

From 4:30PM to 5:30PM there will be four 15-minute breakout activities that participants will rotate through:

- Healthy Mind: Yoga and meditation
- Healthy Body: Snack preparation by members of GRACE
- Safety: Women's self-defense presentation by the Summit Police Department
- Female Empowerment and "GIRL POWER" bracelets with elected officials

All attendees are encouraged to bring a photo of a woman who has inspired them. From 5:30PM to 6PM attendees will be able to share their chosen photo and individual with the group and place their photo on the Wall of Inspiration. A group photo of all attendees will be taken at the conclusion of the event.

The event is free and open to the public. Pre-registration is required and can be completed [online](#). Summit Women #InspireInclusion t-shirts are available for purchase for \$20 through the online registration.

Please contact the Department of [Community Programs](#) at 908-277-2932 with any questions.

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