

Scan the QR Code
to Pre-Register



February Workshops



LOCATED AT: 2424 W Peterson Ave, Chicago, IL 60659

2025

for the chance to win
a \$50 Amazon Gift Card

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10 Emotional Wellness for Women 12pm-1pm	11	12 Preventative Health Screenings for Women 12pm-1pm	13	14	15
16	17 Office Closed President's Day	18	19 Career Expanding Workshop 12pm-1pm	20 Job Application Day 2pm-4pm Adjusting to the American Workplace 4pm-5pm	21	22
23	24 Nutrition and Ramadan 12pm-1pm 	25	26	27	28 Hygiene and Health 12pm-1pm	

February Workshops

LOCATED AT: 2424 W Peterson Ave, Chicago, IL 60659

Adjusting to the American Workplace

- A conversation about American workplace culture, professional etiquette, employment rights and responsibilities, and securing a job.

Career Expanding Workshop

- Get help with resumes and mock interviews. Geared towards youth.

Emotional Wellness for Women

- A discussion about emotional wellbeing and healthy relationships.

Hygiene and Health

- Come talk about how our hygiene impacts our health especially during cold and flu season.

Job Application Day

- Connect with employers in various industries. Bring copies of your resume.

Nutrition & Ramadan

- A conversation about how Ramadan affects nutrition, exploring ways to maintain a balanced diet while fasting and the importance of hydration during the non-fasting hours.

Preventative Health Exams for Women

- Learn about the suggested preventative health exams that help detect health issues early and prevent illnesses.

Scan the QR Code
to Pre-Register



for the chance to win
a \$50 Amazon Gift Card