

Menstrual Health Week

Monday 25 - Friday 29 May



sign up here!

EVENT	DESCRIPTION	DETAILS
Menstrual Health Kiosk	<p>Empower yourself with knowledge, support, and fun!</p> <ul style="list-style-type: none"> • Learn: Grab brochures on endometriosis, PCOS, fibroids & more. • Free Reusables: Get pads & cups for sustainable period care. • Quiz & Win: Test your knowledge and win prizes! • Feel the Pain: Try our TENS machine for a safe cramp simulation. • Let's Talk: Share stories and ask questions in a judgment-free zone. • Photo Fun: Snap pics with stigma-smashing props! 	<p>Monday, 25 May 11am-1pm <i>Grafton Atrium (B505)</i></p> <p>Tuesday, 26 May 9:30am-11:30am <i>Science Lobby (B301-G10)</i> 12pm-1pm <i>General Library, City Campus</i> 2:30pm-3:30pm <i>Arts Atrium (B201)</i></p> <p>Wednesday, 27 May 10am-11:30am <i>Hiwa Recreation Centre Lobby</i> 12pm-1pm <i>49 Symonds Street (B620)</i></p>
Going with the Flow Workshop	<p>Join us to discuss what is happening in our bodies during the menstrual cycle and how this affects our mental and physical wellbeing. We will learn how to harness our cycle to optimise life, study and everything in between!</p>	<p>Tuesday, 26 May 2pm-3:30pm <i>503-024, Grafton Campus</i></p> <p>Wednesday, 27 May 1pm-2:30pm <i>Hiwa Mind-Body Studio</i></p>
DIY Period Positivity Kits	<p>Decorate a bathroom bag, fill it with period products & chat with fellow menstruators to stamp out stigma! Drop in & celebrate period positivity!</p>	<p>Tuesday, 26 May 11:30am-1:30pm <i>503 Kitchen, Grafton Campus</i> 2pm-3pm <i>423-340, City Campus</i></p>
Yoga Flow Restorative Class	<p>This session will focus on filling your body's cup and recentering with gentle movement. This class is open to anyone, students or staff (you do not have to be a Hiwa member).</p>	<p>Wednesday, 27 May 3pm-3:50pm <i>Hiwa Mind-Body Studio</i></p>
Hormones Unfiltered	<p>WiHN and NADSA present an evening of chat about hormone health, endometriosis and PCOS from a New Zealand Registered Dietitian (NZRD), followed by interactive games, activities, and prizes up for grabs!</p>	<p>Wednesday, 27 May 6pm-8pm <i>507-G007, Grafton Campus</i></p>
Menstrual Health Matters Symposium	<p>Celebrate Menstrual Hygiene Day with the headline event of Menstrual Health Week! This event brings together powerful research, real stories, and bold conversations that spotlight the importance of menstrual health. Schedule will be sent to those who register.</p>	<p>Thursday, 28 May 10am-2pm <i>507-G145, Grafton Campus</i></p>



Waipapa
Taumata Rau
University
of Auckland