

# CAROLYN'S RESOURCES

**50**  
Years  
ACW  
EST. 1974

## RESOURCES

### WOMEN'S HISTORY MONTH:

March is Women's History Month. The Library of Congress, National Archives and Records Administration, National Endowment for the Humanities, National Gallery of Art, National Park Service, Smithsonian Institution and United States Holocaust Memorial Museum join in commemorating and encouraging the study, observance and celebration of the vital role of women in American history.

### NATIONAL WOMEN'S HISTORY MUSEUM:

Explore all of the resources the National Women's History Museum has created. There are lesson plans, biographies, posters, primary sources, and more. You can search by topic, theme, or resource type.



## TRY - PHYSICAL ACTIVITY

### WORKSTATION 5-MIN

Try out this 5 minute cardio/stretches you can do behind your desk when you take a break!

Try it once per week for the entire month. Share with us! We want to hear from you @acw.la



## TRY - MENTAL WELLBEING

### ME AND MY BRAIN

Learn about Neuroplasticity, benefits and practical strategies to help rewire your brain.



## SUBSCRIBE

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