



# PERIODT LU

Monthly Newsletter



## WHAT IS PERIODT?

*Periodt is an organization that strives to end period poverty while also educating others on women's health !*

## THE HUB

*The hub provides Lincoln University with all the menstraul product needs you could image! From pads of all sizes , tampons , panty liners , wipes , menstrual cups and period panties; you name it we have it!*

*serving over 20+ Students weekly the hub has become not only a very needed campus resource but a safe place for many students!*



*Product of the month*  
*Lola Tampons!*



## ABOUT OUR SPONSOR

*No More Secrets Mind Body Spirit Inc. independently created the only feminine hygiene bank in the Pa. NJ and DE. Tristate area and only door to door personal feminine hygiene delivery service in the nation to persons in our direct area in addition to shipping nationwide. Through the development of our Period or Not Respect the Dot and #BlackGirlsBleed And Period Poverty campaigns, we have successfully been able to provide free menstrual health resources, education, and advocacy for vulnerable populations.*





## ABOUT OUR ADVISOR

*Lyndsay Raymond serves as the Executive Director for Student Success overseeing the departments of Residence Life and Student Life and Development. She is responsible for the oversight of 6 professional staff and almost 100 student employees on campus. She serves as the primary advisor to the biggest and baddest Campus Activities Board and Royal Court and works with our Greek/Social Fellowships and Clubs and Organizations. Lyndsay also serves as a professor in the First-Year Experience Program and academic advisor.*

## ON CAMPUS ENGAGEMENT

*Past Events (September 2022- October 2022)*

*It's your Birthday Periodt! : September 1st*

*Your body, Your Choice*

*( collaboration with Alpha Phi Alpha Incorporated:*

*September 13th*

*Pretty Klean bins*

*(Collaboration with Alpha Kappa Alpha sorority*

*Incorporated :*

*Interest Meeting : September 27th*

*Periodt on The Go : October 18th*

*You're My Favorite*

*( Collaboration with Omega Psi Phi Fraternity*

*Incorporated) :October 20th*

*M'Brace your Periodt*

*(Collaboration with M'Brace) : October 25th*







## WHAT'S NEW LU!

### Upcoming Events :

*Walk With Confidence Periodt ! Collaboration  
with Pump Legacy - November 1st*

*From Me to Her - November 14th*

*Periodt On The Go - November 15th*

## FAQ

Q: Does the Hub Accept Donations?

A: Yes ! Please contact our president Anya Benson at  
[anya.benson@lions.Lincoln.edu](mailto:anya.benson@lions.Lincoln.edu) or  
[Periodt.menstrualhub@gmail.com](mailto:Periodt.menstrualhub@gmail.com)

Q: How Can I Join Periodt ?

A: Follow our Instagram @periodt.lu to know when  
our board and general member applications open

Q: When is the Periodt Hub Open ?

A: The hub is currently open 12:00pm- 4:00pm  
Monday through Friday



Get Connected!



-PERIODT.LU



-NOMORESECRETSMBS



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