

2026 Women's History Month Presents

No Pain, No Gain



Wednesday, March 11
11:00 a.m. - 1:00 p.m.
Library Shade Structure

This event will feature a period pain simulator where students can participate by donating a period product. We will also be collaborating with the Future Healthcare Professionals of America (HOSA) club, who will provide an informational session on periods, menopause, and overall reproductive health. In addition, popcorn and pink lemonade will be provided for students.



If disability accommodations (e.g., communications access, alternate formats) are needed to participate fully in these events, please contact <https://www.cerritos.edu/whm/contact.htm> within seven school days in advance.