



# BLACK MENSTRUAL HEALTH SUMMIT 2023



Sponsored by





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Higher View LLC  
Fotokopy



## Event Summary

### Purpose

#### What?

Menstrual Hygiene Day is an annual awareness day on May 28 that highlights the importance of good menstrual hygiene management (MHM) at a global level. It was initiated by the German-based NGO WASH United in 2013 and observed for the first time in 2014. A hybrid summit Saturday May 27 with family-friendly awareness activities

#### Why?

Choices of menstrual hygiene materials are often limited by the costs, availability and social norms. Adequate sanitation facilities and access to feminine hygiene products are important but having open discussions about adequate education for women and girls is of equal importance. Research has found that not having access to menstrual hygiene management products can keep girls home from school during their period each month.

## Goals

Menstrual Hygiene Day is an occasion for publicizing information, including social media and engaging decision-makers. The day aims to advocate for integrating menstrual hygiene management into global, national, and local policies and programs.

How?

By bringing together different organizations in Oklahoma and the diaspora to push out the information and garner resources to educate and dispense necessary items to allow girls in the community to feel safe and know what to do when they are menstruating.

We offer alternatives to help with cramping and Period pains, such as Yoga lessons and exercise. Ideas for dietary options for and around their cycle.

Ways to self-care and resources to follow up with.

## Key Highlights

Citation for Black Menstrual Hygiene Day

Roxanne and Chaste present the Sanicle book and box

Men and Women panel were both engaging and informative

Vendors were in attendance and networked

## Virtual Speakers

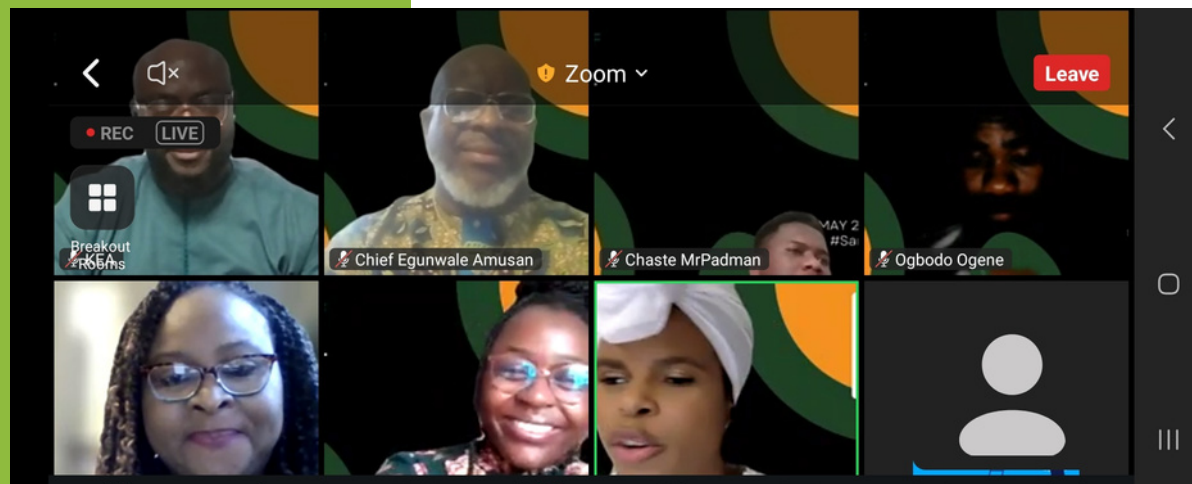


Our Virtual Women panel was a prerecorded video in Ghana featuring  
Dr. Delia Gillis | Pamm Takyiwaa | Dr. Patricia Sandra Richardson  
Georgina Amoako | Erica M Daniel





## Our Virtual Men Panel



Woman Keynote Speaker  
 Hawa Diallo



Male Keynote Speaker  
 Chief Egunwale Amusan



Host  
 Priscilla Siwela



Roxanne  
 Stewart  
 |  
 Zaakirah  
 Munhammad



**BLACK  
MENSTRUAL HEALTH  
SUMMIT**



**SANICLE**  
CONFIDENCE ON THE ORGANIC FLOW



**BN** *BellaNaija*



**THE BLACK WALL STREET TIMES**  
"Access is the New Civil Right"

MAY 27, 2023  
#SanicleBMHD





Caragan Tillman  
Dominique Clarke  
Aiko Pickering  
Rose Hurd  
Chrystyan Cross

with  
Roxanne Stewart  
Zaakirah Muhammad

Sponsor Claudio of CF  
Industries



## In Person Speakers

Benjamin J. Barenberg,  
MD  
Juhon Irons  
Joshua Bowers  
Marquess Dennis  
Kyle Smith  
Darrel Frater  
Claudio Nascimento  
Chaste Inegbedion



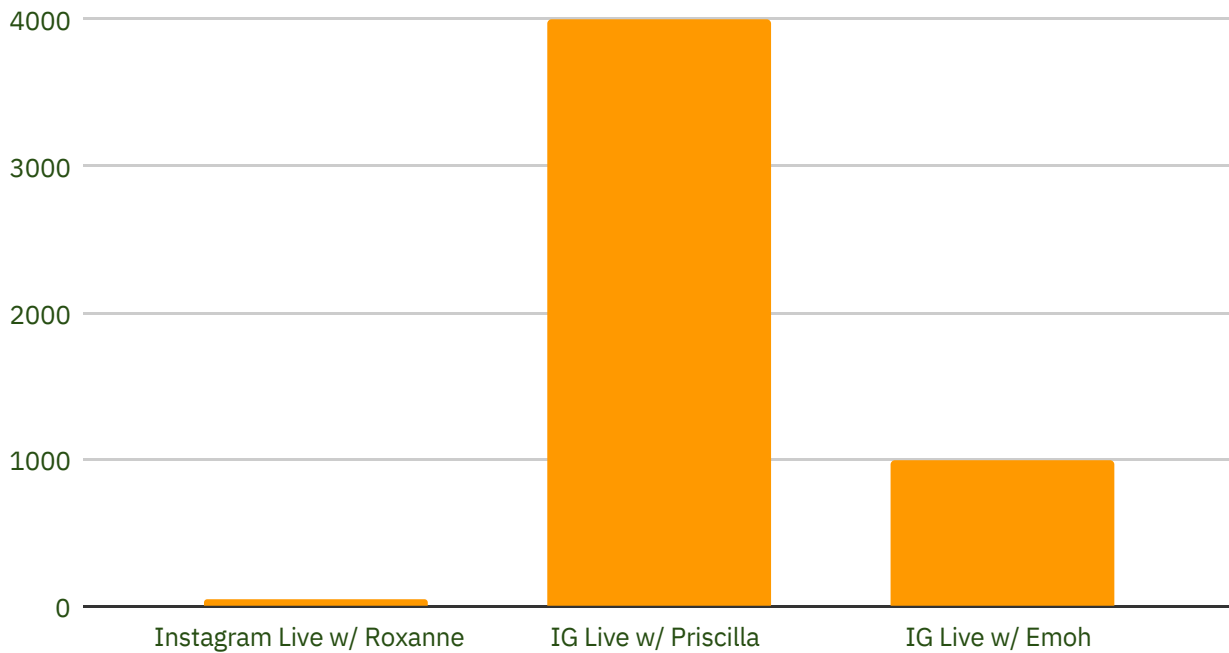


# The Numbers

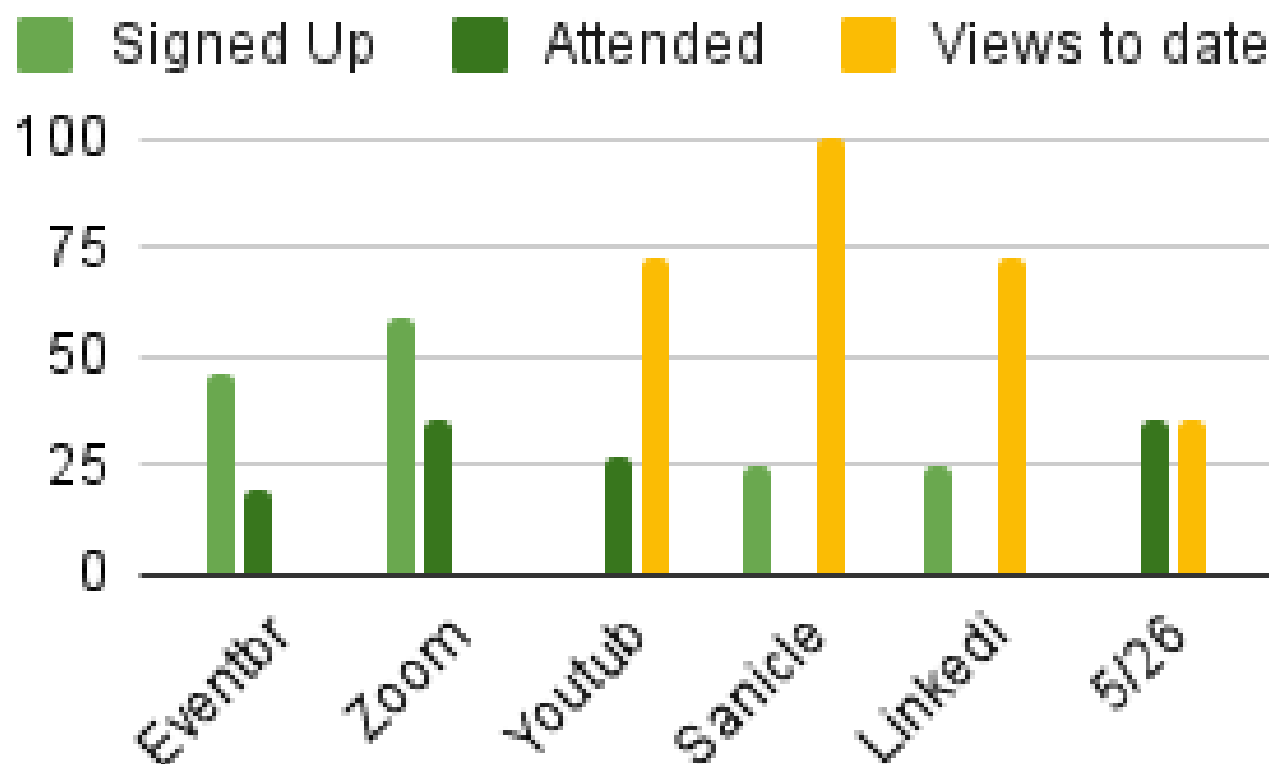


5050  
views

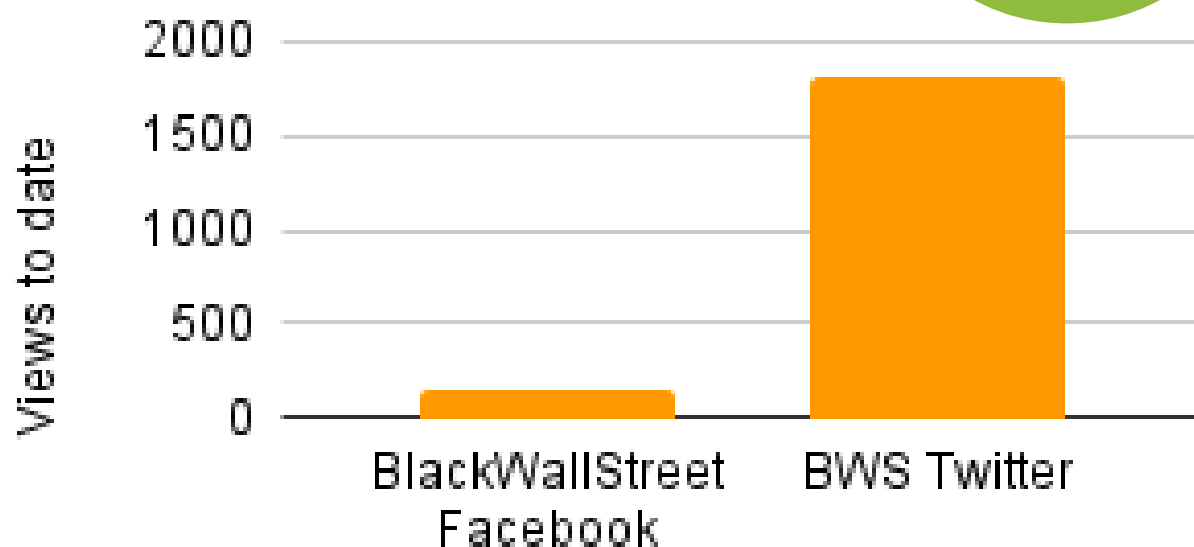
## Social Media Promo Views



## In person and Virtual Attendance



## Views to date

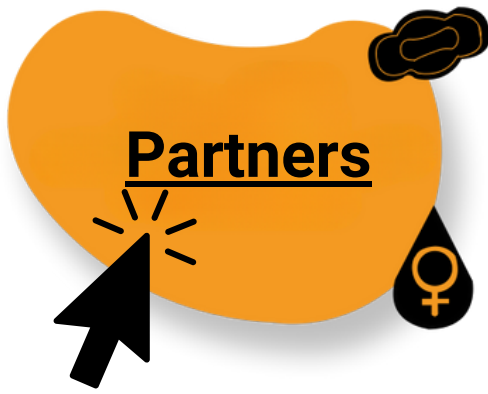


**2080  
views**

# Financials



Thanks in big part to  
CF Industries, Sanicle was able  
to make the Black Menstrual  
Health Summit a reality  
and a success.



**THE BLACK WALL STREET TIMES**

"Access is the New Civil Right"





# Thank You from the Team

