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TURN UP FOR A CAUSE DEDICATES THEIR BIRTHDAYS FOR WOMEN'S EMPOWERMENT EVENT IN REJECTION OF 'TAMPON TAX'

Washington D.C.— 'Helping Women, Period', hosted by Turn Up for a Cause, occurred on Saturday, August 25, 2018 at Sudhouse bar and brewery. In partnership with Calvary Women's Services in Washington D.C., over \$1,500 in hygienic products and sanitary items were collected and distributed to women in need in the D.C. area. The men and women of TUFAC dedicated their birthday celebrations to support free access to menstrual-related products for women.

"People our age usually spend their birthdays having dinner or partying in a club. We've never done any event like this before, and I feel like we, as women, need to uplift each other," said Kiera Joyner, Co-founder for Turn Up for a Cause. "It's important to remember that not all women have access to hygienic products we can easily get from local stores, so from one woman to another, we are trying to help women, period.

The goal was to collect hygienic products to build 'period packages' for Calvary Women's Services to distribute to those involved in its health-centered program. According to National Public Radio, in 2018, some [state continue to impose taxes on women's hygiene products](#), including items directly related to women's menstrual health. Menstrual products such as tampons are still excluded from a list of other health-related items marketed to women.

"I personally have worked with women in need," said Yonoka Howard, Event Coordinator for TUFAC. "It's so important for women to have access to these items *for free*. Condoms are given to males for free in multiple places and institutions that promote safe sex. Why can't women receive the same treatment when it comes to their sexual health and bodily maintenance?"

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Calvary Women's Services

Calvary Women's services is a rehabilitation center based in Washington, D.C. that supports women in need by providing program access to information involving housing, education, health, and career training. The institution partners with well-known companies to empower and improve the wellbeing of women in Washington D.C. Its hope is to prevent homelessness amongst women through

Founded by Kiera Joyner and Naa Adei Mante, Turn Up for a Cause was initiated in 2017 with the sole purpose of improving voluntary involvement in underserved communities through the execution of sponsored events. Turn Up for a Cause has successfully hosted charity events that impact multiple communities in the Washington D.C., Maryland, and Virginia area. For more information on Turn Up for a Cause, or to find out how you can help, please visit <http://www.turnupforacause.com>.

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