



## ONE BILLION RISING STRIKE | DANCE | RISE!

2/15/2017

Hello Community of Hudson County,

We hope you are all in good health and wellness. April is Sexual Assault Awareness Month (SAAM). With SAAM approaching we want to focus on uplifting, empowering and encouraging survivors and supporters of sexual assault awareness throughout the community of Hudson County. We invite you to celebrate life by joining forces with agencies from around Hudson County in participating in a **FLASH DANCE** that will be videoed the week of March 26<sup>th</sup> and screened at the Community Networking Meeting on April 19<sup>th</sup>.

Because it would be almost impossible to get everyone come in to rehearse on a given schedule, we are issuing this link to practice the choreography and song to the dance at your own leisure. You can practice with other members of your team or by yourselves.

We invite the men and women from your agency as well as the community that you service to participate in the flash dance and have allowed ample time for you and your team to learn the choreography. Practice as much as you can, but do not feel compelled to have all the sections perfected. This should be a fun, encouraging and uplifting part of your work week. We hope to bring awareness and build togetherness amongst agencies through this flash dance initiative.

For those who do not wish to take part in the dance, perhaps you can join in the singing. We have options. If you are unable to take part in this event, we hope that you will support our other SAAM initiatives.

Please see Flash dance link below:

<https://youtu.be/zJQvJNfnokc> for the choreography step by step.

<https://youtu.be/fL5N8rSy4CU> for the actual video and song.

Let us continue in our fight to protect and encourage a community free of violence, bigotry, gender & sexual inequality.

**To register your agency in this exciting initiative please contact:** [Opal.Jackson@CarePointhealth.org](mailto:Opal.Jackson@CarePointhealth.org)

Thanks for your support always,  
*The Hudson S.P.E.A.K.S. Team*



## WHAT IS THE 1 BILLION RISING REVOLUTION?

1 in 3 women across the planet will be beaten or raped during her lifetime. That's **ONE BILLION WOMEN AND GIRLS**. Every year, we rise – in hundreds of countries across the world – to show our local communities and the world what one billion looks like and shine a light on the rampant impunity and injustice that survivors most often face. We rise through dance to express joy and community and celebrate the fact that we have not been defeated by this violence. We rise to show we are determined to create a new kind of consciousness – one where violence will be resisted until it is unthinkable.

**1 BILLION  
RISING  
REVOLUTION  
SOLIDARITY AGAINST  
EXPLOITATION OF WOMEN**

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