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April E-Newsletter

April 17, 2008

At Mautner



Work It Out! Interested in taking good care of your body, but not so much in "slimming down for your man?" Join us for a fun workshop to get the expert advice and motivation you need to get started or keep going on improving your wellbeing through fitness. All ages, sizes, and abilities welcome, especially beginners! Workshop includes **free yoga!**
Saturday, April 26
11 am - 1 pm
 1707 L St. NW, Ste. 230
 To sign up, call 202.332.5536 or email ssanford@mautnerproject.org.

Fitting In Fitness



April is that magical time when the first blossoms and beautiful weather conspire to tempt even the most devout couch potato away from the TV set and into the sunshine. Find some time this month to actively enjoy spring with a game of Frisbee in the park, an evening walk with a buddy or two, or even try a

new activity such as Tai Chi. An hour of mild to moderate physical activity most days a week is vital to cardiovascular health and disease prevention, so talk to your doctor about what kind of exercise is right for you. Too many of us believe that we don't have the time, energy, or money to get in shape. In fact, a simple walking program fits a busy schedule, improves the quality of sleep, and could lead to more friends and better relationships. Not ready for a major commitment? Try getting off the bus a stop early, walking during your lunch break, or doing a few lunges or crunches during commercials when you're watching television. Multi-taskers may be glad to hear that household tasks such as shopping, yard work, and housekeeping all count as physical activity (provided that you do them yourself, of course!). You'll find that regardless of your fitness level, a conscious effort to make activity part of your daily routine will pay off physically, mentally, and even socially! For more information about how you can get fit, check out our [website](#), or if you're in the DC area, our upcoming Work It Out event - see the sidebar for details!

Congrats, Leslie!



Volunteer with Us!

New? Come to **Orientation** on **Wednesday, April 30, 7-8:30 pm** for basic training. Or come by **Wednesday, May 7, 7-8:30 pm** to help us prepare for Pride! For more information or to sign up, give us a call at 202.332.5536 or email info@mautnerproject.org.

Save the Date!

Join us on **Friday, May 9th, at Freddie's Beach Bar and Restaurant** for fun, friends, and a chance to win great raffle prizes! We'll be raffling off gift baskets, Mystics and Nationals tickets, and a week's stay at a house in Cape Cod, just outside of Provincetown. Stay tuned for details!

LiveStrong: Support for Survivors

If you are dealing with a recent cancer diagnosis, or know somebody who is, we can help. Courtesy of the Lance Armstrong Foundation, we are pleased to offer free "LiveStrong Survivorship Notebooks," featuring not only information about dealing with cancer, but a way to organize your own records - both medical and personal. To request your free copy today, call us at 202.332.5536 or email info@mautnerproject.org.

The Mautner Project and our executive director, Leslie Calman, were recently recognized on the National Gay and Lesbian Task Force's "Women's History Month 2008: Roll Call!" This list was created to recognize "lesbian, bisexual, and transgender women who are leading the way to full equality in our movement." Take a look at the roll call and learn more about the amazing work these women are accomplishing by [clicking here!](#)



Raffle for a Reason! Take A Chance...And Win Big!

We welcome you to take a chance or two . . . to win \$10,000 in cash, a fabulous get-a-way or some flawlessly beautiful bling. Raffle tickets are now on sale now!

To purchase tickets please call 202-332-5536 or email us at info@mautnerproject.org, or [click here](#) to learn more.

All funds raised benefit the Mautner Project's Health, Education, and Direct Services Programs

1st Prize: \$10,000 Cash!!

2nd Prize: American Airlines & Kimpton Hotels

Enjoy a 2 night stay, in a deluxe suite, at a luxurious Kimpton Hotel (excluding NYC) in North America. Featuring 2 round trip Coach tickets on American Airlines (valid for travel within 48 states, restrictions apply)

3rd Prize: \$1,000 Gift Certificate to I. Gorman Jewelers

Drawing will occur on
Friday, October, 24, 2008 - 8:30 p.m.

Town Danceboutique
2009 8th Street NW,
Washington, DC 20005

Raffle Ticket price \$100

Winner Need Not be Present to Win
Odds of Winning 1 in 200

Aggregate value of raffle prizes estimated at \$13,000

Must be 18 years of age to enter

Licensed by: D.C. Lottery and Charitable Games Control Board

Mautner Project Partners with D.C.'s Project WISH!

For more information about the Lance Armstrong Foundation, visit www.livestrong.org.

In the Community

Learn about breast health and enjoy a free lunch!

Come out to

Maintaining Breast Health: The

Information You

Need; The Support

You Can Get. Featuring

a panel discussion on:

-Empowerment to take care of ourselves!

-Nutrition and movement

-Resources for health support and free or low cost breast health screening in DC

Max Robinson Center
1159 Chicago Street SE
Washington, DC 20020

April 25, 2008
12:00 pm - 1:00 pm

For more information, please call (202)797-3585.

Sponsored by Whitman-Walker Clinic

Mautner Project: The National Lesbian Health Organization

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@mautnerproject.org

The Mautner Project and Project WISH are partnering to increase access to No Cost:

- Annual mammograms,
- Clinical breast exams,
- Pap tests and pelvic exams
- transportation to and from exams (for women with limited resources)

If you are a woman between ages 40-64 with limited or no health insurance, please call D. Magrini at 202-332-5536 for more information.

Please forward to anyone who might be interested! Spread the word!

In Memory: Calpernia Miller

We mourn the passing of Calpernia Miller, who will be missed and remembered by many as a kind, supportive, and wonderful friend. She volunteered for many years with both the Lesbian Services Program and the Black Lesbian Support Group. A funeral will be held Saturday, April 19, at Unity Fellowship Church, 1226 Vermont Ave. NW. The viewing will begin at 10:00 am, and the service will begin at 11:00 am. If you would like to donate food for the Repasse, please contact Charlene Bradshaw at (240) 413-5815 or Brenda at (202) 584-0358. To donate monetarily, please contact Carmen Ramos at (202) 723-5744. If you would like to send flowers, it is advised that you send artificial flowers, as Carmen is allergic to fresh.

The Mautner Project improves the health of lesbians, bisexual, and transgender women who partner with women, and their families, through advocacy, education, research, and direct service. We envision a healthcare system that is guided by social justice and responsive to the needs of all people.

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