

Our keynote speaker for the 2023 Bi-Branch Fellow Luncheon held jointly with our Hayward-Castro Valley sister branch on February 4th at the Dominican Sisters of Mission San Jose estate was Amal ElWardi, AAUW Career Development Grantee and MFA candidate at St. Mary's College. She enlightened the audience with how somatic education, the practice of using intentional physical movements to improve learning and mental wellness, have been proven highly effective in the classroom, especially with teenage girls.

