

BRONZE, PINK & YOU! 2019 Schedule

Delta Gamma is committed to ensuring we provide programs and resources that support a healthy lifestyle, as well as programs that are aimed to support sisters during times of need.

Bronze, Pink & YOU is Delta Gamma's health and wellness campaign that uses social media to engage collegiate and alumnae members within a different topic or area of awareness each month.



Gifts to the Delta Gamma Foundation support this program.

January | "Do GOOD"

"Doing Good" in the new year. Don't forget to "Do Good" for yourself and others all year round. New year, new you.

February | "Love GOOD"

American Heart Month, Teen Dating Violence Awareness Month. Healthy relationships, cardiac health for women, sexual health etc.

March | "Eat GOOD"

National Nutrition Month. Nutrition ideas, educating on disordered eating, supporting sisters, creating healthy relationships with food, etc.

April | "Consent ALWAYS"

Sexual Assault Awareness Month, Denim Day. Support for survivors, informed and ongoing consent, Delta Gamma educational & support resources, etc.

May | "Live GOOD"

Mental Health Awareness Month. Removing stigmas associated with mental illnesses, providing support, educating that mental health is for everyone, etc.

June | "Move GOOD"

Promoting unique ways to be active. Having fun while being active, outdoor exercise, mental benefits of physical health, etc.

July | "Relax GOOD"

Taking time out of your days to care for yourself. Finding time to relax, mindfulness, meditation, internal peace, etc.

August | "Act GOOD"

National Be Kind to Humankind Week. Promoting kindness, reducing rivalry, participating in The Kind Campaign, etc.

September | "Live GOOD"

National Suicide Prevention Week, World Suicide Prevention Day. Signs and symptoms of depression, how to seek help, providing support & resources, etc.

October | "Talk GOOD"

Speaking positively. Eliminating body shaming, positive body image, self affirmations, communicating respectfully with others on a global scale, etc.

November | "Give Thanks, Do GOOD"

Practicing intentional gratitude. Thoughtful ways to express gratitude, thankfulness, etc.

December | "Travel GOOD"

Stay safe wherever winter may take you. Safe driving practices, long-distance travel reminders, traveling abroad, etc.