

**WE
TALK**



“Art Your Bra” Happy Hour October 22nd @7pm Central Time



A “WeTalk” For Women Community Event

This year in recognition of Breast Cancer Awareness month we will focus on Breast Health by hosting a virtual “Art Your Bra,” happy hour event. While sipping on delicious/healthy handcrafted mocktails, “WeTalkers” will be lead in the fine, yet folksy art of blinging out a bra. We will also share some life saving information and tips for keeping your breasts healthy.

Agenda

- First, we will each craft the perfect Pink Lady Mocktail – Recipe options below if you do not have your own.
- Next, we will share some vital information, every woman should have to help her keep her breasts healthy, as well as what to do if you think you have breast cancer, and how to support a loved one with breast cancer.
- Finally, we will be guided by two well established blingers, Valencia Thomas (custom Jewelry Maker) and Desire Tobin (Crafts Hobbyist), in creating our own unique bra art creations. Materials list below.

Pick a Perfect “Pink Lady” Mocktail Recipes

- **Option #1 Healthy** - <https://purelyflourish.com/pink-lady-apple-hibiscus-lemonade-kombucha-mocktail/>
- **Option #2 Delicious** - <https://wellsfoodservice.com/recipes/pink-lady-mocktail>
- **Optional Add ins** – Rose water syrup, Lavender syrup, Elderberry syrup.

Note: We will mix our mocktails together so have everything ready to go.

Art Your Bra Materials List

Here is a list of materials you can gather and use to “Art Your Bra.”

Craft Stores suggestions: Michaels, Hobby Lobby, Joann Fabric and Crafts, Dollar Stores, Walmart
Suggest you browse the store for inspiration to bring out the fabulous artist in you. You can also grab buttons and appliques off old clothing you no longer cherish.

Decoration Supply Suggestions:

- Pencil or white chalk – depending on your bra color
- Glue Gun (with glue sticks) or Fabric Glue
- Rhinestones (they come in various shapes and colors)
- Pearls
- Beads (not too large)
- Bead/Pearl Strands (already threaded)
- Sequin
- Buttons (select cool ones)
- Spikes
- Ribbon, buttons, bows
- Lace
- Fabric
- Artificial Flowers
- Appliques
- Googly Eyes
- Pipe Cleaners (black ones make good eyelashes)
- Fabric Paints
- Glitter (although it is messy)
- Whatever Inspires you to create a spectacular bra

Note: Be sure to organize your workspace before the event. Also, you may want to have a hanger with clamps available for the drying process.

About “WeTalk” For Women

“WeTalk” envisions an inclusive world where all women are treated equally, equitably, and humanely across genders, cultures, sexuality, age, and abilities.

We believe that as women, we are more powerful when we work together. Our program seeks answers to the questions of how to solve two urgent problems facing women everywhere: Implicit racial bias, and internalized sexism.

Keep in touch with us...

- Share your insights, and learn new perspectives by joining our community on Facebook @ <https://www.facebook.com/groups/wetalkwomen>.
- Learn more about our mission, vision, and programs <https://www.leaplearnlive.org/we-talk.html>
- Keep up with “WeTalk” events and opportunities on Instagram @WeTalk4Women