

## Support for Women's Health

In honor of Women's History Month, March 8<sup>th</sup> celebrates [International Women's Day](#) (IWD). This year the IWD campaign theme is 'Accelerate Action' putting an emphasis on accelerating action for gender equality. Several missions have been established, including [women at work](#) to create strategies that aim to develop a workplace where women can thrive, and lead in achieving greater overall success and organizational effectiveness. In line with these efforts, women's health is a critical component, and it is not just about physical well-being but also about mental, emotional, and spiritual health. By embracing authenticity and identifying strengths, women can take charge of their own health journeys, making informed choices that align with their

values and aspirations. This holistic approach to health empowers women to break free from conventional definitions of success and create a future that is truly their own. We encourage women to envision a life of purpose and fulfillment, where their health and well-being are at the forefront of their personal and professional paths.

BHS: [Women's Guide to Staying Healthy](#)

One Medical: [Women's Health](#)

Carrot: [Benefit Guide](#)

Headspace: [Women's Collection](#)

Peloton: [Women's History Month Collection](#)

[Milk Stork](#)

Click here for additional [internal](#) and [external](#) resources.

## Women's History Month

The Women's Leadership Summit theme for this year is **"True Horizons: Your Path, Your Power"**. As part of the initiative, Goodwin is hosting a firmwide webinar on **"Defying Gravity: A Feminist and Intersectional Look at Wicked"**. The webinar examines the musical's complex themes of power, privilege, and allyship. Attendees will be invited to envision a future that reflects their deepest values and unique aspirations, free from conventional definitions of success.

**Thursday, March 20<sup>th</sup>**

**12:30 p.m. – 1:30 p.m. ET | 9:30 a.m. – 10:30 a.m. PT**

Click [here](#) to register.

## BHC Availability

Schedule one-on-one time with a Behavioral Health Consultant to discuss any issue such as, work/personal relationships, family, parenting, anxiety, and more.

- Andrew – available every Tuesday
- Leslie – available every Wednesday
- Tess - March 20<sup>th</sup>
- Stephanie – March 20<sup>th</sup>
- Shirley – March 21<sup>st</sup>
- Leighna – March 26<sup>th</sup>

Schedule your consultation [here](#).



## Fidelity Investments

Fidelity helps you meet your investment goals by offering a range of options for retirement plans. In March, Fidelity will be hosting a **3-part series on “Women Talk Money”** which supports Women’s History Month by highlighting timely, real-life issues that women are navigating today. Insights and lessons shared will aim to educate and inspire attendees, to help them build greater financial confidence, take action, and create options for their future.

Join Robin Roberts, Bobbi Brown, Kate Ryder and the Women Talk Money team for an all-star lineup that will share saving, investing, and career insights to help turn financial goals into a reality.

Click [here](#) to register.

Click [here](#) for more information on how to get started with Fidelity.



## Upcoming Events

Explore topics this month through webinars, meditations, and workshops hosted by our vendors. Highlighted offerings include:

- Bright Horizons: Understanding and Negotiating Your Financial Aid and Scholarship Offers
- Carrot: How to Make the Most of Carrot in 2025
- Headspace: The Power of Rest – How to Recharge Day and Night
- Health Advocate: A Healthier You – How Mental Health Affects Physical Health
- Wellthy: Legal Basics – Planning and Protecting Your Loved One

Click [here](#) to see all events.

## The Wellness Brief



“In addition to getting outside and moving my body every day, essential to my well-being is making time for work that advances issues and communities I care about. I feel lucky that this is embedded in my role on the Pro Bono Team, and I welcome Goodwin colleagues to reach out to explore how you can leverage your skills in a way that is personally meaningful”

**Rebecca Broches, Manager, Pro Bono**

Click [here](#) to submit your wellness tips at work to be featured in our You@Goodwin newsletter

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YOU@GOODWIN	<a href="#">Benefits Event Calendar</a>
<a href="mailto:benefitsdepartment@goodwinlaw.com">benefitsdepartment@goodwinlaw.com</a>	617-570-1800

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