

# Help Seneca celebrate National Girls & Women in Sports Day

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Healthy body, healthy mind...everyone knows keeping active is good for you, but fewer women than men are involved in sports. This Wednesday, Feb. 1, Seneca's encouraging women to grab their running shoes and mark the National Girls & Women in Sports Day.

A variety of activities are taking place throughout the day, including women's drop-in badminton, floor hockey and much more.

Check out what's happening at your campus, by visiting the [National Girls & Women in Sports Day](#) web page.

tags : student-news