



# MEET & GREET

Our goal is to engage in productive, respectful conversations about healthy masculinity and gender equality!

**OCTOBER 28<sup>TH</sup>**  
**Virginia Beach Room**  
**12:30 – 1:30 PM**

**FREE PIZZA!**

Come learn more about Man of Quality and how you can get involved!

[odumenofquality@gmail.com](mailto:odumenofquality@gmail.com)

Email for more information!

**-A MAN OF QUALITY-**

Is not afraid to express emotion

Is a positive role model for others

Challenges himself and others to be greater men of quality.

Is kind and shows empathy to others

Values assertiveness over aggressiveness

Respects women's equality.



[/odumenofquality](https://www.facebook.com/odumenofquality)