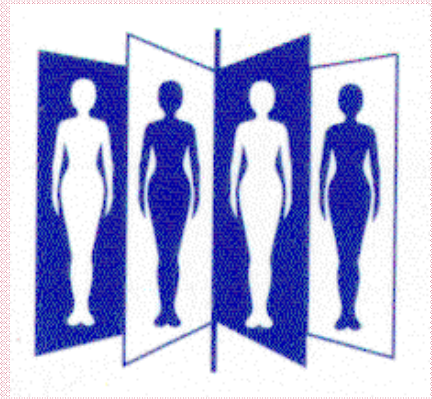


LET'S TALK ABOUT HEALTH:

What Every Woman Should Know



SAME FILM, IMPROVED FORMAT! The Arc of New Jersey's highly regarded educational film, *Let's Talk About Health: What Every Woman Should Know*, designed to help women with cognitive disabilities learn more about their bodies and what to expect when they go to the doctor for a gynecological exam, which was previously available only in VHS format, is

NOW AVAILABLE IN DVD FORMAT

◆ **The Film**

Hosted by former WNBC Morning News anchor Jane Hanson, "Let's Talk About Health" is a 30-minute educational film produced in the early 1990's by The Arc of New Jersey that brings viewers step-by-step through a gynecological examination, including a mammogram and pelvic examination. The film is very explicit, providing clear explanation of procedures, and also includes comments made by a focus group of women with developmental disabilities.

◆ **The Workbook**

Using clear, easy-to-understand language, this 170-page **Women's Health Workbook**, written by Dr. Caryl Heaton (with accompanying word-for-word audiotape recordings prepared by *Recording For The Blind and Dyslexic*), provides information about important women's health topics, including:

- Healthy Habits
- Being a Grown Woman
- Premenstrual Syndrome (PMS)
- What a Trip to the Doctor is Like
- Preventing Sexual Abuse
- Contraception and Family Planning
- Diseases You Can get From Having Sex
- Growing Older

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Let's Talk About Health: What Every Woman Should Know

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the gynecological examination)

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