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

- ORDER FORM -

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

Please enter the amount of each item you are ordering:

________ DVD Film(s) @ $16.95 each

________ Workbook(s) @ $20.00 each

________ Limited-version Booklet(s) @ No charge

(Short, easy-to-read booklet covering only the gynecological examination)

Total Amount Enclosed: $ __________

Please return order form along with payment to:
Mainstreaming Medical Care
The Arc of New Jersey
North Brunswick, NJ 08902
FAX: 732-214-1834
Phone: 732-246-2525, ext.28

Checks should be made payable to The Arc of New Jersey