

SISTER



WOMEN: KNOWLEDGE IS POWER

Do you want to:

- Feel more comfortable about your body?
- Share experiences & learn from other women?
- Be assured & in control at the gynecologist?
- Start observing changes in your cycles?
- Learn cervical self-examination & take control of childbirth, sexuality & birth control?

The first "Self-Help Clinic", a small group of lay women who got together to learn vaginal self-examination & reflect on their experiences with doctors & sexuality, was held in 1972, 35 years ago!

The Self-Help Clinic quickly grew. Thousands of women across North America, the Caribbean & Europe came together in small groups with 3 simple tools: a speculum, a mirror & a flashlight. Single women, young mothers, grandmothers, straight women, lesbians, bisexuals, women of all races, fat women, skinny women, republicans & democrats all had life-changing, empowering experiences. Self-Help Clinics helped bring about:

- * access to natural non-hormonal birth control
- * safer, less expensive abortion
- * women having better sex through knowledge & empowerment
- * gave women a positive view of their bodies

The three week session starts with a slide show.

All women: straight, lesbian & bisexual are welcome.

Self-Help Clinic 3 week series starts: Tuesday, February 26, 2008

6:30PM - 8:30PM

Located in South End
Free!!!!

Accessible Location/Near Public Transit

Call for details: 206-736-2218

**Call 206-736-2218 for more info or
email: selfhelpclinics@yahoo.com**