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## Testimonials

*"I really appreciated the amount of discussion time. I also appreciated the thoroughness in which she addressed questions. Great class."*

*Jalana, New Westminster*

*"Louise is a highly capable instructor. Her teaching style allows one to learn easily and with confidence. Louise makes this course what it is - an informative, confidence building experience."*

*Jenny, Edmonton*

*"I really enjoyed the class and Louise's sense of humour and the laid back approach (and those bigass words! Wow!!)."*

*Kanmani, Vancouver*

*"Not only do I think every nursing student should take this course, I think every woman should! I know that the knowledge I gained from this course will definitely assist me in my practice."*

*Isobel, Calgary*

*"Thank you sooo much. I learned a lot. I felt so many lights go off in my brain as many pieces came all together."*

*Heather, Nanaimo*

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## Louise Smith, BSc, MSc

Louise completed her Masters in Physiology at Simon Fraser University. She then began Ovarian Connection as a way to integrate her interests in both feminism and women's health.

Louise has been offering women's health workshops for the last eight years. She strives to make her content informative and relevant, and to present it in a friendly, woman-centred, and humorous way. Louise believes that when women have an understanding of how their bodies work, they can appreciate their unique experience and make better healthcare and lifestyle choices.

ovarian connection

PO Box 508, Fort Langley, BC V1M 2R8  
tel: 604.513.0067 email: [lcsmith@smartt.com](mailto:lcsmith@smartt.com)

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## Women's Health Workshops



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## *Fertility Awareness Method*

Fertility Awareness is understanding how your body's hormone cycles work for you. Various hormones interact with each other in a miraculous dance. It's all designed to release an egg and prepare the body for pregnancy. Every time we don't get pregnant, the body starts the cycle all over again.

These hormones, particularly estrogen and progesterone, have very strong effects on our bodies. With an understanding of the fertility cycle, we can recognize and even record the signs our bodies produce in response to our cycle.

Charting your fertility cycle is like taking a course in you -- discovering how your body works, and discovering how unique you are.

### *Fertility Awareness Method (3 hours)*

Learn about your fertility cycle and fertility signs. Get started charting your cycles. This workshop provides a foundation in understanding women's health.

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## *Organizing a private workshop*

Now you can organize your own Ovarian Connection workshop.

Choose the workshop you'd like to host, and where you'd like it to be. It could be in your home, a meeting room, anywhere -- it's your choice.

Pick the day and time you want to have it. Call Louise at Ovarian Connection (604-513-0067), or e-mail her at [lcsmith@smartt.com](mailto:lcsmith@smartt.com) to make sure that she is available at that time.

Invite the workshop participants. You can invite friends, family, and neighbours. You can invite as many as eleven other women, or you can invite as few as you like.

The cost is \$150. Louise will present a three-hour workshop and provide hand-outs for all the participants. In the setting you choose, with women you know, there will lots of opportunity for questions and discussion.

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## *Other women's health workshops*

### *The Amazing Breasts (2 hours)*

Learn about the important features of breast tissue, how it is influenced by the menstrual cycle and how this tissue changes over our lifetimes.

### *Body Fat Fact (2 hours)*

A discussion on why the female body is so driven to gain and keep fat, including how this changes with pregnancy and age.

### *Breastfeeding and Fertility (2 hours)*

Discussion on whether exclusive breastfeeding can be a form of reliable birth control. Information also includes other forms of effective birth control that are compatible with breastfeeding.

### *Perimenopause (2 hours)*

A discussion on how the ovaries, and therefore, the body, changes its activity between 35 to 50 years of age, which is the time leading up to menopause.

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