



ovarian
connection

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FOR IMMEDIATE RELEASE

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Women's health has an Ovarian Connection

FORT LANGLEY, BC -- Louise Smith of Ovarian Connection, providers of women's health education, is now offering women an opportunity to organize their own workshops in the location and with the participants of their choice.

"Allowing women to organize their own workshops is about accessibility," says Smith. "Women's health information, especially information about health from a perspective of normalcy, is hard to come by. To make informed decisions about their healthcare choices, women need to understand how their bodies work."

Louise Smith has been providing women's health workshops since 1994. She strives to make her content informative and relevant, and to present it in a friendly, woman-centred, and humorous way. She has become known for her creative teaching props which include felt, clay, and other friendly visual aids.

Ovarian Connection workshops are offered at Douglas, Langara, and Vancouver Community Colleges. Now, women can also organize their own, choosing the topic of their choice, as well as the other participants. Ovarian Connection workshop topics include: Fertility Awareness Method; The Amazing Breasts; Body Fat Facts; Breastfeeding and Fertility; Physiology of the Childbearing Year; and, Perimenopause. "When women choose their own location and invite their friends, lots of excellent discussion takes places," says Smith.

For more information, please contact Louise Smith.

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