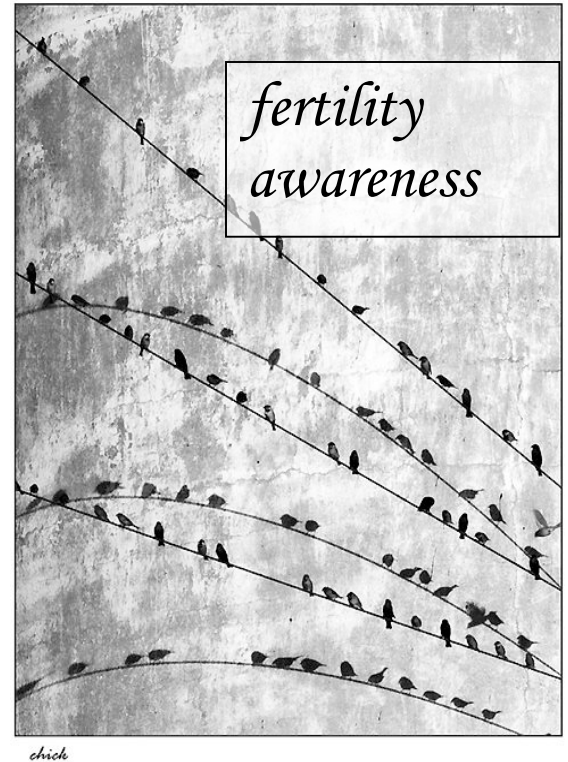


what is fertility awareness?

The Female Reproductive System: everyone has an opinion about it, from politicians to parents to partners. But if you have one, it is yours to know. Have you ever wondered why you bleed (or don't) every month? Want to know when you can get pregnant and when you cannot? Have you ever anticipated ovulation as much as bleeding? Ever wished there was a more holistic way to identify the state of your reproductive health? Fertility Awareness is a simple way to access this information.

Fertility Awareness (FA) is a way to understand your body's cycle of fertility and menstruation and use the information to make responsible choices. FA is grounded in simple **observation** through daily note taking and in a scientific understanding of how the reproductive system works. In this way, it is as ancient as our bodies and as new as our ever-changing relationship to the environments in which we live.



fertility awareness is useful for...

- Communicating with health practitioners about what is happening in your body.
- Preventing pregnancy (it is a safe and effective method of natural birth control).
- Achieving pregnancy (know when you are fertile, and you can time your attempts more accurately).
- Identifying and improving physical and emotional health issues.
- Taking ownership of your body, developing a deeper relationship with your body, and feeling empowered around your sexuality and sexual health.

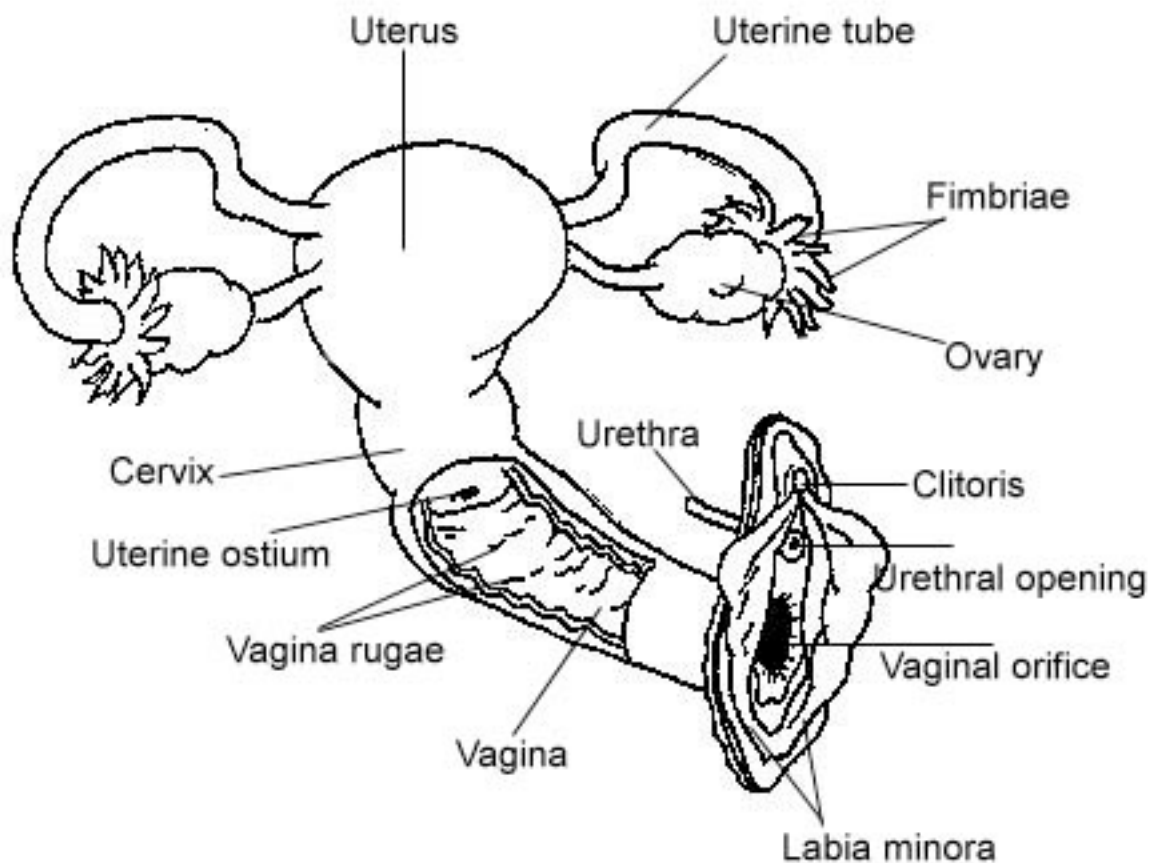
practicing fertility awareness involves...

- **Observing** the daily signs that your body provides about your fertility.
- Keeping a simple record of your observations on a **chart**.
- Using your **chart** to keep track of other things that are going on in your life such as stress, exercise, and sexual activity.
- Using this information to gain an overall picture of your health and fertility.

who can practice fertility awareness?

- **Any woman or female-bodied person.** Practicing FA provides deep insight into a woman's cycles & reproductive health. Every woman should have this knowledge.
- FA involves daily charting and observation of the physical signs of fertility, so it requires daily commitment. Once you learn it, FA can easily become an integrated part of your day.

The Female Reproductive System



resources

- For NYC classes, check out The Fertility Awareness Center at www.fertaware.com or call 212.475.4490.
- For excellent reading, check out *The Garden of Fertility* and *Honoring Our Cycles* by Katie Singer and *Taking Charge of Your Fertility* by Toni Weschler.
- For excellent web resources on Fertility Awareness, check out Justisse Healthworks for Women at www.justisse.com or look up “Fertility Awareness” on Wikipedia.