



Dear Friend of the Foundation,

Thanks to your past support, Women's Health Foundation (WHF) has become the leader of a national dialogue on women's pelvic health, raising awareness and developing educational programs for debilitating pelvic conditions that affect 1 in 3 women. In the past year alone, thanks to your generosity, we have:

- Delivered dozens of free community educational workshops
- Provided prevention education and treatment options through our new educational website, *The Healthy Pelvis Center* and other innovative social media
- Conducted and presented original research at major scientific conferences nationally
- Developed new health educational materials tailored for special populations with specific literacy needs

This productive year also earned us the **2009 Partnership in Philanthropy Innovation Award**, a special honor given to only one non-profit organization in recognition of pioneering programs improving women's lives.

WHF's innovative spirit comes from our commitment to be continually responsive to women's evolving needs, empowering women across their lifecourse from puberty to childbirth to menopause and beyond. In 2009-2010, WHF identified three particularly vulnerable groups of women in need: **adolescents, seniors and low income women.**

Inspired by messages from women in our signature programs,

"If only I had this earlier in my life... I didn't realize so many people have bladder leakage problems – I was shocked that I wasn't the only one with issues." Betty, 58

the Adolescent Pelvic Health Initiative was born.

❖ **Young Women**

Through this initiative, WHF brings basic pelvic health education - anatomy, hygiene, the basics on pelvic function and disorders, as well as behavioral guidelines to pregnant and parenting teens in urban public schools. Arming young girls with pelvic health education has been quite a learning experience:

"I'm increasingly concerned with how these teens are so disconnected from their bodies. The young mothers have negative attitudes towards themselves and describe their bodies as 'icky' and 'gross.' We give them an appreciation of their bodies to help support healthy behaviors as well as build self-respect and confidence."
WHF's Director of Outreach Education

[Help Us:](#)

- Support curriculum development and expansion of pelvic health education in public high schools ~ \$5,000
- Sponsor health materials distribution in 2 public high schools ~ \$1,000
- Train a peer community health educator ~ \$50 each

❖ **Senior Women**

Concerned with the quality of life of the largest growing demographic, **seniors**, WHF recently launched **Total Control® Platinum**, a chair-based pelvic health and wellness program for women over 65 years. These women endure unique difficulties with urinary incontinence like interrupted sleep (sometimes getting up 6-10 times a night), as well as social isolation, embarrassment and fear of losing bladder control.

The participants report better bladder control, improved quality of life and greater self confidence. We captured our Total Control® Platinum participants inspiring stories so you, our gracious donors, can see what powerful changes just a small donation can provide. See the short video at www.youtube.com/healthypelvis.

Help us:

- Sponsor programs in low income senior residential communities ~ \$5,000
- Fund distribution of health education materials such as the popular, You Go Girl...But Only When You Want To! ~ \$1,000
- Train senior wellness educators to deliver pelvic health information to this important group of women ~\$500 each

❖ Low Income Women

Recognizing the unique challenges low income women face in addressing health concerns, WHF's **Pelvic Health Communities Initiatives**, provides outreach education to low income women. WHF facilitates community presentations, women's health forums, and develops culturally and linguistically-appropriate materials for the low literate and women for whom English is a second language. Additionally, WHF trains existing community health workers who are uniquely suited to bring community-based, culturally tailored pelvic health education and behavioral solutions to women, their sisters, aunts, cousins, daughters and mothers.

Help Us:

- Support our 2010 community health awareness campaign ~ \$10,000
- Fund the development of culturally and linguistically relevant health education materials ~ \$5,000
- Sponsor a "Promotora," a pelvic health community educator ~ \$100 each

At this time, more than ever, the small (but powerful!) staff at WHF needs your help! With your support, WHF will be able to broaden its reach to bring critical awareness and solutions to women in need. **Please consider giving as every donation helps** us sustain our award-winning programs and education to women in need.

On behalf of Women's Health Foundation's board and staff, thank you for believing in all women, especially those in greatest need.

Yours in Pelvic Health,



Missy Lavender
Founder and Executive Director

Use the enclosed envelope to send your donations or go to our website www.womenshealthfoundation.org and click on MAKE A DONATION.