

# Women's Health Education Session Materials

## Session 1:

- Workbooks
- Newsprint, marker, and easel
- Resource books [**NOTE**: resource materials will be available in January 2009.]

## Session 2:

- Workbooks
- Newsprint, marker, and easel
- Female anatomy poster [we purchased large laminated posters from a medical supply store (or medical school bookstore). You can probably easily order something online.]
- Resource books

## Session 3:

- Workbooks
- Statement Cards
- Video of Breast Care ["Komen Breast Health Basics: A Guide to Performing Breast Self-examination." The Susan G. Komen Breast Cancer Foundation, [www.komen.org](http://www.komen.org), 1999]
- Newsprint, Markers, Easel
- Blank Index Cards for Homework
- Resource Books

## Session 4:

- Workbooks
- Tape to post homework
- Prevention Cards [included with manual materials]
- Blank Paper for "Dear Abby" Response and Pencils
- Newsprint, Markers, Easel
- Resource Books

## Session 5:

- VCR and HIV video [HIV video used in CTN-0015 no longer available; replace with appropriate video of your own selection with similar length]
- Newsprint, markers, and easel
- Resource book

## Session 6:

- Workbooks
- Cards of Condom Use Steps [included with manual materials]
- VCR and Video- Reality Female Condom [Learn about it (instructions and women talk about using Reality): Information Ph: 312-595-9123 ([info@femalehealth.com](mailto:info@femalehealth.com))]

- Newsprint, Markers, Easel
- Samples of Male and Female Condoms (enough for each participant)
- Resource Books

**Session 7:**

- Workbooks
- Blank Paper for “Nurse Cookie” Response and Pencils
- Newsprint, Markers, Easel
- Resource Books

**Session 8:**

- Workbooks
- Newsprint, Markers, Easel
- Resource Books

**Session 9:**

- Workbooks
- Newsprint, Markers, Easels
- Resource Books

**Session 10:**

- Workbooks
- Blank Paper for Dear Abby Response and Pencils
- Newsprint, Markers, Easel
- Resource Books

**Session 11:**

- Workbooks
- VCR and Diabetes Video [“Diabetes, An Introduction: Controlling your Diabetes: A guide to Working with Your Doctor (InforMed)” is available for purchase at [www.amazon.com](http://www.amazon.com). They also have a variety of other diabetes informational videos available on amazon. Other educational videos and materials available at [www.diabetes.org](http://www.diabetes.org) and [www.joslin.org](http://www.joslin.org)]
- Newsprint, Markers, Easel
- Resource Books

**Session 12:**

- VCR and Menopause Video [“All About Menopause” available at <http://www.nourish.net/books.htm>]
- Newsprint, Markers, Easel
- Resource Books