

The WONDER of Eve

understand the power and strength of the female body

The Mission

1. Inform young women about the benefits of the benefits of fertility awareness and appreciation.
2. Encourage and empower women to be advocates for their own gynecologic health.

Overview of the Presentation

- The Beauty of Being a Woman – We are the CROWN of Creation!
- Understanding 3 of the Female Superpowers
 - Ovulation
 - Gestation
 - Lactation
- Anatomy & Physiology: How the Female Body Works
 - The presentation assumes the participants have some understanding of the female anatomy and reproductive system. We cover the foundational information to create context for the rest of the conversation.
- Understanding the rhythm of a normal, healthy menstrual cycle.
 - Including hormone changes – what is happening and why
 - Including the body signs that can be observed to know each cycle phase.
- Who can track their cycles?
 - Every woman throughout her life cycle – from puberty to menopause.

Health Benefits Supported in the Presentation

- Tracking the cycle helps to understand the root causes of symptoms.
- Addresses common problems like PMS, irregular bleeding, acne, severe cramps, PCOS, etc.
- Impact of synthetic hormones .
- Emotional, spiritual, and physical self-care.

NOTE:

- Participants will be given a pre- and post-assessment to identify the change in their understanding.
- Participants will also be given a bookmark featuring some key take away points.



ARCHDIOCESE OF ST. LOUIS
Office of Natural Family Planning



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ANNUAL CATHOLIC APPEAL
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Frequently Asked Questions

Q Who is this program for?

A Young women in high school or older. It can be delivered in:

- Health class
- Theology/Religion Class
- Counseling Groups
- Youth Ministry Groups
- Mother-Daughter groups
- Parishes
- Homeschooling groups

Q Can mothers attend the presentation with their daughters?

A Absolutely! We encourage mothers to attend the presentation with their daughters.

Q What equipment do you need for the presentation?

A A projector and screen are required for an in-person presentation. For virtual presentations, each participant will need Internet connection, web cam, computer, and microphone.

Q Does this presentation teach a young women Natural Family Planning (NFP)?

A No, this presentation does not teach any particular method of NFP, nor does it teach the specifics of charting. It does educate women about their fertility.

Q Who are the presenters?

A Wonder of Eve presenters include physicians, registered nurses and/or certified FertilityCare professionals.

Q How do I book a Wonder of Eve Presentation?

A Contact the Office of NFP at stlnfp@archstl.org or (314) 997-7576.

Wonder of Eve Trailer Videos!

bit.ly/WonderofEve1

bit.ly/WonderofEveMoms



Questions? Ready to Schedule Your Presentation?

Contact the Archdiocese of St. Louis Office of NFP
at stlnfp@archstl.org or (314) 997-7576