

Reproductive Health Education (RH Ed) is an educational newsletter from the Health Advocates at Finger Lakes Community Health. This newsletter covers all reproductive health topics, in addition to related services offered at our health centers.

Body Awareness is how the body senses itself, your physical body, and how the owner of that body understands that sense. This awareness includes your reproductive health which is a topic, not commonly discussed and often people don't know what it is. Reproductive health is the physical, mental and social well being of the reproductive system in all stages of life.

Al Vernacchio, nationally known Sex Educator, states: "Our society is sexually repressed to the point of being sexually obsessed." Everywhere we look, sex is selling a product. Media is filled with sexually explicit, often unrealistic, images of what our bodies should look like and we can't use this as the norm. In his book "For Goodness Sex," he notes a good point - If your genitals fell off and you had to identify them in a "lost and found" of genitals, would you be able to? Men know what their penis looks like, what is normal and what is not. Women, on the other hand, can't see their vulva or inside their vagina and uterus. Women don't typically take a mirror and look



at their vulva to familiarize themselves with this part of their body, but they should.

It's important to understand every aspect of your body; what feels good, what does not, and most importantly, what truly is normal for YOU. Being able to identify abnormal signs may lead to earlier cancer detection, better health outcomes, and identification of STI's.

Lastly, the way one views their body impacts their overall sense of self. Thinking positively about yourself, your personality and your physical body strengthens the image you have of yourself. If you are not

happy with your body image, you can make simple changes with diet and exercise.

*For patients of FLCH, we have an onsite Nutrition Counselor who would love to help you make these changes.

Contact us today for an appointment!

FP Ed is changing its name!

Our monthly newsletter, formerly called FP Ed Monthly (Family Planning Education Monthly), has now been changed to RH Ed Monthly (Reproductive Health Education Monthly). This mirrors our updated program guidelines as we are focusing on providing the education, resources, medical coverage and tools for all people of reproductive age to make healthy choices for themselves. In addition to this change, we will be highlighting a different partner agency that we work with every other month! Our popular Provider Spotlight articles will continue to be featured on opposite months. If there is a particular topic on which you are looking for information, please email us and we will do our best to cover it in upcoming issues of RH Ed Monthly.



Thank you for your continued support of our program!

Locations:

Bath

Community Health
117 E. Steuben St
Bath, NY 14810
(607) 776-3063

Geneva

Community Health
601B Washington St
Geneva, NY 14456
(315) 781-8448

Newark

Community Health
513 W. Union St
Newark, NY 14513
(315) 573-7577

Ovid

Community Health
7150 N. Main Street
Ovid, NY 14521
(607) 403-0065

Penn Yan

Community Health
112 Kimball Ave
Penn Yan, NY 14527
(315) 536-2752

Port Byron

Community Health
60 Main St
Port Byron, NY 13140
(315) 776-9700

Sodus

Community Health
6692 Middle Rd
Suite 2100
Sodus, NY 14551
(315) 483-1199

beat the winter blues

Living in upstate New York, winter can be cold, long and lonely. Relationships are essential to increasing happiness. Relationships should not be limited to only those that involve romantic feelings but also ones that bring us joy, happiness, validation and help us to grow. Avoid the 'winter blues' during this time of year by finding a new activity or enjoying an old one with a partner or friend. Getting outside, even when it's cold, can improve your mood and focus. Enjoy a hike, walking by the lake, volunteering or spending time with others are all activities that can help to combat those lonely feelings that can sneak up on us during the winter season.

Where are we (FLCH) this month?

- **January 6-8:** Presenting at Midlakes School
"Birth Control: Choosing the Method for You" and "The ABC's of STI's"
- **January 14:** Presenting at Safe Harbors
"What Can FLCH do for You"
- **January 15, 18-19:** Presenting at North Rose Wolcott School
"Relationships 101", "Birth Control: Choosing the Method for You", and "The ABC's of STI's"
- **January 18:** Martin Luther King Annual Celebration, Newark
- **January 25:** Family Planning Day of Action, Albany

Would you like us to visit your program or school to provide evidence based programming on pregnancy prevention, STI prevention, healthy relationships and more?

*For more information go to www.localcommunityhealth.com or contact us today to schedule a time!



Follow us at **FLCH Reproductive Ed**



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