

# Women Be Healthy

## A Curriculum for Women with Intellectual and Developmental Disabilities

Thursday, August 27, 2009  
9am until 4pm (Registration 8:30-9am)

Henrico Training Center  
7701 E. Parham Road  
Richmond, Virginia

Facilitated by: Pam Dickens, MPH  
NC Office on Disability and Health

**Registration  
limited to 30  
participants**

### Goals of "Women Be Healthy" Curriculum

- Provide information about health. Women learn about general health promotion, their bodies, hygiene, breast self exams, gynecological exams and mammography procedures.
- Reduce fear and anxiety associated with medical procedures. This is accomplished through progressive exposure to medical instruments, procedures, and settings. Women learn effective techniques for coping with anxiety or discomfort that they might experience during a gynecological exam.
- Promote assertiveness in medical situations. Through role-play situations, women gain confidence and learn to communicate about health-related problems.

**Would you like to support women with intellectual and developmental disabilities to achieve better health and participate more actively in their health care?** If so, this free workshop is for you and can prepare you to facilitate sessions for women with disabilities in your community. Due to the nature of the class content, training participants are suggested to be women. The training will provide you with a copy of the curriculum, allow you to become familiar with the activities, and get hands-on experience with materials. For more information contact Monica Uhl, Project Director, Virginia Health Promotion for People with Disabilities Project, at 804.828.8587 or [muhl@vcu.edu](mailto:muhl@vcu.edu)



### Women Be Healthy

#### A Curriculum for Women with Intellectual and Developmental Disabilities

Name: \_\_\_\_\_

Title: \_\_\_\_\_

Agency/Program: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: (    ) \_\_\_\_\_

Fax: (    ) \_\_\_\_\_

Email: \_\_\_\_\_

Lunch Preference:  vegetarian  non-vegetarian

Special Needs/Accommodations: \_\_\_\_\_

Confirmation and directions will be emailed or faxed.

#### Return registration form by August 12<sup>th</sup> to:

Monica Uhl, Project Director  
Virginia Health Promotion for People with  
Disabilities Project  
Partnership for People with Disabilities  
Virginia Commonwealth University  
P.O. Box 843020  
Richmond, VA 23284-3020  
Phone: 804.828.8587 • Fax: 804.828.0042

