



***The Wonder of Eve* General Information and Frequently Asked Questions**

The following information may help you talk with people about the presentation.

THE MISSION

1. Inform young women about the benefits of being aware of their reproductive system and learning to appreciate it.
2. Encourage/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 (3 of the MANY).
 - 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.

TRAILER VIDEO

This video offers a compelling and brief overview of the benefits of the program. It can be used for marketing and promotion purposes. <https://bit.ly/WonderofEveTrailer>

FREQUENTLY ASKED QUESTIONS (FAQS)

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: Is the content of *The Wonder of Eve* aligned with Catholic Teaching?

A: Yes, the presentation has received an Imprimatur.

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Q: What equipment do you need for the presentation delivered in-person?

A: A projector and screen are required for an in-person presentation. Internet access and computer or device is required for participants, either individually or in groups, for a virtual presentation.

Q: Can this presentation be delivered virtually?

A: Yes! The presentation can easily be presented virtually if it fits your group better than in person. For virtual presentations, each participant will need Internet connection, web cam, computer, and microphone.

Q: Does this presentation teach 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.