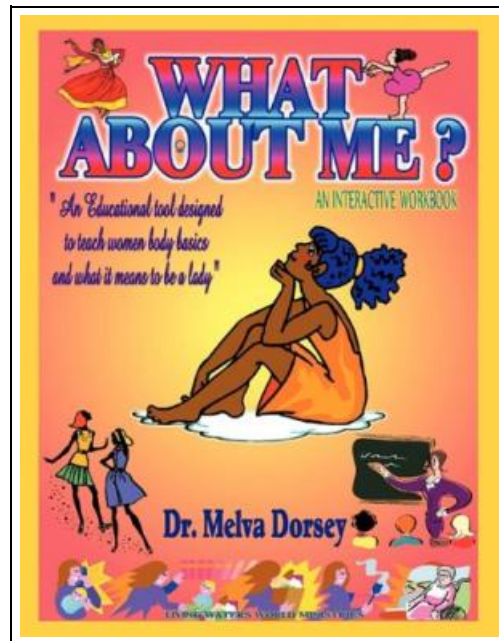


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WHAT ABOUT ME?



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Trafford Publishing, Canada, 2010. Paperback. Book Condition: New. 274 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.WHAT ABOUT ME? (WAM?) Project is designed to be used in treatment centers, schools, churches, community centers, in the home and to any female and of ages from puberty to menopause. The WAM? Interactive Workbook has been written and designed by Dr. Melva Dorsey to be used as a tool within the WAM? Presentation; valuable information that has been reviewed by a medical professional is presented, teaching these women their body basics and functions and also how to protect themselves from STD s and unwanted pregnancies. WAM? engages each woman/female on self knowledge and then re-educates them to have a greater positive body image which is of great importance for women recovery from substance abuse; self acceptance is need to help prevent relapses. WAM? women/females are taught how to use the proper terms when referring to their body parts. Open discussions within group strengthen the foundational tools each individual women/females needs to affirm her understanding about being a women and a lady. WAM? seeks to improve women s health through education and support; teaching the importance of self care creates an ease about keeping Doctors appointments which can saved their lives; the importance of pap smears, breast examinations and mammogram are all significant topics of the WAM? Workbook and Presentation. The information gained through the WAM? Workbook and Presentation helps the community to recognize the need for re-education concerning women s health care. WAM? women/females learn to take responsibility for their own health concerns; increasing feminine awareness of their bodies helps to shape new views and attitudes to make healthier choices that are important for total recovery. Building a better society begins in the health of its people....



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