



Education in Women's Health

For more information on Women's Health Programmes
contact us at info@womanon.org



Overview

The Education programmes address **period poverty** and women's health challenges in **rural** and **impoverished communities**, with a focus on **schools**. This includes providing sustainable period care and comprehensive educational workshops on menstrual hygiene, puberty, reproductive health, and women's well-being.

Reproductive Years

30-35 Years

Perimenopause

~ 7 Years : 1 Year

Postmenopause

Approach

- A **needs assessment** ensures the programme is tailored to address specific challenges.
- **Monitoring and evaluation** ensure the programme's effectiveness and impact.
- The target demographic is **adolescent girls** between the ages of 12 and 20 years.
- The workshops act as a **safe space** for young girls to talk, and ask questions about their bodies, which they might not otherwise be able to ask.
- The Education programmes establish a **Health Ambassador** at each school to ensure sustainable implementation beyond the initial phase.
 - Champions women's health.
 - Delivers education and training.
 - Oversees the provision of critical products and services.
 - Point of contact for researchers and healthcare professionals at the school.
 - On-boarding students to access for best care practices, pathways for research, electronic health records, diagnosis, treatment, and medical professionals.