

NATURAL WOMANHOOD: RECLAIMING AUTHENTIC WOMEN'S HEALTH



Our vision is that all women learn to claim their natural fertility as beautiful, powerful and healthy. Our mission is to inform and empower women so they know and love their bodies.



NaturalWomanhood.org THE ONLINE MAGAZINE OF FERTILITY AWARENESS AND WOMEN'S HEALTH



Evidence-based and engaging content on: The Design of the Body, Fertility Awareness Methods / NFP, Birth control side-effects, Women's Health Problems and Solutions, Pregnancy/ Delivery / Post Partum



800

articles, podcasts and videos



2000

unique visitors a day

750,000

in 2023

PERIOD GENIUS, THE PARENTS' SMART GUIDE TO PUBERTY

Equips mom and daughter with good science and health practices. Affirms feminine dignity, fosters self-respect, promotes self-love, and prepares for life as a woman.



10 short videos, **4** PDF guides and a community of moms



CYCLE MINDFULNESS® CLUBS FOR WOMEN ON COLLEGE CAMPUSES



Peer-led university groups designed to create a supportive community for young women to learn the science and truth of their God-given fertility and womanhood.



6-12

students meet weekly, learn charting, cycle science and health management.



10 clubs last year, **18** clubs starting September 2024



Impact

Survey: "When thinking of your period and your cycle, how much peace and control do you feel?": before the program 19% said well or very well, after 78% did.

WANT TO GET INVOLVED?

EMAIL US AT INFO@NATURALWOMANHOOD.ORG