

Located on the premises of a maternity clinic affiliated with the maternity hospital in Mozyr, the Mozyr Women's Wellness Center opened as a replication of the WWC in Minsk. The Center shares staff with and is based upon the philosophical principles and standards of professional performance found at the Center in Minsk.

The goal of the Center is to provide comprehensive medical care for and promote healthy lifestyle choices to women throughout their life. Visitors to the Center include women from both the local urban and rural communities; those from rural areas have traditionally had little access to health information.

Services provided by the Center include:

- prenatal care for mothers, such as prenatal classes, "Partners in Birth"



PHOTO COURTESY OF THE MOZYR WWC.

Adolescents gather at the Mozyr center for a class on reproductive health.

Подростки пришли в Мозырский Центр здоровья женщин на занятия по охране репродуктивного здоровья.

training, and breast-feeding instruction;

- the prevention, detection, and treatment of sexually transmitted infections (STIs), including HIV/AIDS;
- family planning and reproductive health;
- adolescent healthcare, which comprises sex education, hygiene classes, promotion of healthy lifestyle choices, and special high-quality diagnosis, counseling, treatment, and preventive care for adolescents suffering from reproductive-system disorders; and

- prevention of breast and reproductive system cancers, using the standard methods, education, and referrals that are part of every WWC.

To better serve its catchment area, Center staff make field visits to large villages in the Mozyr area to promote breast health awareness and knowledge of family planning. Breast self-examination and other techniques that allow for early detection of cancer are taught, and methods to prevent STIs are discussed.

The Center also uses the local media to promote healthy lifestyle choices and to disseminate disease-prevention methods. To this end, staff periodically speak on local radio shows covering such topics as early detection of breast cancer, family planning, and STI prevention. Articles promoting a healthy lifestyle

are published in a local newspaper, and a film on breast self-examination has been shown on local cable television. Full access to current information on such issues help women make informed decisions regarding their lifestyles, health, and/or treatment options. The use of the media is an efficient instrument because it gives us a direct link to the general public.

The Center also cooperates with the Municipal Health Center, community-groups—such as the Spirituality Center, a local women's health group based in Gomel—and other women's

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health providers. For example, with the Municipal Health Center, we arrange visits to industrial companies, to the teacher training institute, and to vocational and high schools to make presentations on breast cancer prevention techniques, STDs, HIV/AIDS, and drug addiction. The Spirituality Center provides information and support in the form of a monthly newspaper, *Boomerang*, which discusses issues surrounding pregnancy, birth, the postnatal period, and breast feeding. We are invited to take part in seminars on breast feeding and working with adolescents, organized by the Center and sponsored by UNICEF.

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ABOUT THE MOZYR WWC

Date opened: April 20, 2000
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