

# The Pill *Talk* *With Sara Harris*

First boyfriend, acne, heavy periods or period pain: there are many reasons why your medical practitioner may prescribe the pill. And then you may end up taking it for many years to come because the pill is medicine's answer to most of our period problems and in many cases a very welcomed relief.



But are we aware of what we put into our bodies? And do we know how it works? The pill is certainly a very effective method of avoiding pregnancy, as well as easing unwanted symptoms such as acne and painful periods, but it also has an impact on our physical and mental wellbeing, our natural cycle and femaleness.

During this interactive webinar via Zoom Mariette Reineke will have a talk with Women's Health Counsellor, Sara Harris (Australia) about the pill: the facts, the history, how it works, potential impacts, the side-effects, our cycle and other birth control options.

SARA HARRIS: Women's Health Counsellor & Fertility Awareness Educator