



**FOR IMMEDIATE RELEASE**

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**Obstetrician/Gynecologist to Educate Women of All Ages About Menstrual Health During Discussion at Montgomery Bookstore**

*Program co-sponsored by Women In Training (WIT) nonprofit that provides menstrual products to at-risk youth*

MONTGOMERY, Ala. – Dr. LaToya Clark, an obstetrician/gynecologist at Jackson Hospital, will educate women about their menstrual health during a program on Saturday co-sponsored by [Women In Training \(WIT\)](#), a not-for-profit young women’s empowerment organization.

The event will take place from 6 to 8 p.m. on Saturday, Nov. 9, at 1977 Books, a bookstore in the Kress on Dexter building at 39 Dexter Avenue, Suite 209, Montgomery, Alabama.

“It’s critical that we educate girls and women about their bodies,” said Clark, who is on the WIT board and serves as the organization’s medical adviser. “I have patients going through menopause who do not understand what is happening to their bodies. We at Women In Training want to go into middle schools to teach young women about their menstrual cycles. We would also like to break the stigma about this natural biological process. Saturday’s program is the beginning of our education campaign about women’s menstrual health.”

Ashley Lala Edwards of the [Foreword South](#) podcast will moderate Saturday’s discussion between Clark and Breanna and Brooke Bennett, the 12-year-old twin sisters who launched Women In Training. During the program, the Bennett twins will discuss their campaign to end [period poverty](#) by distributing menstrual products to at-risk youth of all gender identities.

WIT's signature program is the WIT KITS Campaign to provide sanitary pads and hygiene items to young, low-income people who menstruate. In September, the twins distributed WIT KITS to local girls from New Beginnings Educational Center. Many of these girls live in the Paterson Court complex, a federal housing project near Hornet Stadium just south of Arba Street.

WIT is currently raising funds and collecting supplies for its Thanksgiving giveaway.

The twins came up with the idea for the campaign when they realized that young women around the world, including right here in Montgomery, often lack the basic hygiene items that they need during menstruation. This causes girls and young women to miss classes or lose wages because they cannot show up for school or work during their periods.

The WIT campaign has expanded beyond the distribution of feminine products to also include education about women's health.

Period poverty is an issue that affects 1 in 5 American girls and millions of women worldwide. According to a [market study](#) released by the global menstrual care company Always earlier this year, 57,000 girls in the Atlanta area and 38,000 in the Houston area did not attend school last year because of the lack of access to sanitary products.

Menstruation is one of society's most stigmatized topics, but educators and other members of the community can help dispel the needless shame associated with this natural biological process while at the same time improving gender parity, according to [Teaching Tolerance](#) magazine.

The event at the bookstore on Saturday is free, but monetary donations or contributions of sanitary pads for the WIT KITS campaign will be graciously accepted.

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### **About Women In Training (WIT)**

*Women in Training, Inc. (WIT) is a young women's empowerment organization that provides culturally relevant rites-of-passage and community outreach services for youth in middle and high school who menstruate. WIT's signature program is the WIT KITS Campaign to provide sanitary pads and hygiene items to at-risk youth. The organization is currently raising funds and collecting supplies for its Thanksgiving giveaway.*

To help the twins with their WIT KITS effort, please donate [here](#), or send donations of toiletries or a check to:

Women in Training  
P.O. Box 231394  
Montgomery, AL 36123

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P.O. Box 231394  
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