<table>
<thead>
<tr>
<th>CODE NO.</th>
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<tbody>
<tr>
<td><strong>EXERCISE</strong></td>
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<tr>
<td>V3102</td>
<td>TAI CHI CHUAN YANG STYLE (Dr. Sam Schwartz) - 30min, c1993</td>
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<tr>
<td>DVD41.4</td>
<td>KEEPING FIT (This program describes the basic components of physical fitness and the numerous benefits that come from regular physical activity…) - 29min</td>
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<tr>
<td><strong>PHYSICAL HEALTH</strong></td>
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<tr>
<td>DVD405</td>
<td>MANAGING STRESS – 19min, c2005</td>
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<tr>
<td>DVD738.1</td>
<td>MENSTRUATION: UNDERSTANDING YOUR BODY – 30min, c1996</td>
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<tr>
<td>V1709</td>
<td>MANAGING PMS: A DELICATE BALANCE – 23min, c1992</td>
</tr>
<tr>
<td>V3089</td>
<td>SEX AND MARRIAGE – 30min, c1994</td>
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<tr>
<td>DVD738.2</td>
<td>CONTRACEPTION: KNOW YOUR OPTIONS – 30min, c1996</td>
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<tr>
<td><strong>ABORTION</strong></td>
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<tr>
<td>V1961</td>
<td>WHEN ABORTION WAS ILLEGAL: UNTOLD STORIES – 28min, c1992</td>
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<tr>
<td>V1080</td>
<td>SUPREME COURT DECISION THAT CHANGED THE WORLD: ROE V. WADE – 20min, c1989</td>
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<tr>
<td>DVD767</td>
<td>ROE V. WADE: THE DEBATE CONTINUES: ABORTION – 17min, c1991</td>
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<tr>
<td>V2421</td>
<td>THE SECRET CLUB: WOMEN'S EXPERIENCES OF ABORTION – 28min, c1994</td>
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<tr>
<td>DVD343</td>
<td>I HAD AN ABORTION - 55min, c2005</td>
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<tr>
<td>V3349</td>
<td>JANE: ABORTION SERVICE (a Chicago based women’s health group that performed nearly 12,000 safe/illegal abortions) - 58min, c1996</td>
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<tr>
<td>DVD179</td>
<td>THE LAST ABORTION CLINIC (Frontline) – 60min, c2005</td>
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<tr>
<td>DVD738.3</td>
<td>SEXUALLY TRANSMITTED DISEASES: THE KEYS TO PREVENTION – 35min, c1993</td>
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<tr>
<td>V2117</td>
<td>COLPOSCOPY: ABNORMAL PAP SMEAR – 10min, c1984</td>
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<tr>
<td>V1691</td>
<td>CHLAMYDIA – 9min, c1989</td>
</tr>
<tr>
<td>DVD105</td>
<td>3 GIRLS I KNOW (intimate stories about young women, teen sexuality, pregnancy and HIV/AIDS) – 54min, c2004</td>
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<tr>
<td>V2420</td>
<td>SECOND OPINION (women’s health issues: breast cancer, heart disease, AIDS) - 29min, c1994</td>
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<tr>
<td>V2186</td>
<td>THE HEART OF THE MATTER (women’s sexuality and AIDS) – 54min, c1994</td>
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<tr>
<td>V2210</td>
<td>AIDS: THE UNTOLD STORY – 60min, c1995</td>
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</tbody>
</table>
V2868  KNOWING THE FACTS: PREVENTING INFECTION (HIV/AIDS, Real People, Real Stories) – 18min, c1997
V1590  INVISIBLE WOMEN, VISIBLE WOMEN, FEAR OF DISCLOSURE: THE PSYCHOSOCIAL IMPLICATIONS OF HIV REVELATION (3 Latina women living with AIDS) – 33min, c1991
V1594  IT WON’T HAPPEN TO ME: AIDS (A mother’s story of being HIV positive) – 13min, c1992
V3108  UNDETECTABLE: THE NEW FACE OF AIDS (documentary) – 57min, c2001

DVD738.4  INFERTILITY: THE NEW SOLUTIONS – 30min, c1993
DVD738.5  PREGNANCY: NINE SPECIAL MONTHS – 30min, c1993
V1817  EATING FOR TWO (prenatal nutrition for a healthy baby) – 39min, c1992
V3092  BORN IN THE U.S.A. (A DOCUMENTARY ABOUT CHILDBIRTH IN AMERICA) – 56min, c2000
DVD738.6  AFTER PREGNANCY: A NEW START – 30min, c1993

PHYSICAL HEALTH
DVD738.7  MENOPAUSE: GUIDELINES TO A HEALTHY LIFE – 30min, c1993
DVD738.8  BREAST CANCER REPLACING FEAR WITH FACTS – 30min, c1993
V2679.1  BREAST CANCER (At Time of Diagnosis) – 30min, c1996
V2679.2  BREAST LUMPS (At Time of Diagnosis) – 30min, c1996
V2193  BREAST SELF EXAM AND BREAST HEALTH – 13min, c1991
V2194  BREAST SELF EXAM: THE NEW APPROACH – 6min, c1993
V1104  CERVICAL CANCER – 10min, c1987
V2115  URINARY INCONTINENCE IN WOMEN – 13min, c1995
V2116  ENDOMETRIOSIS – 10min, c1994

NUTRITION
V2889  NUTRITION & EXERCISE: FACTS TO LIVE BY – 28min, c1995
V3325  NUTRITION BASICS: THE ABC’S OF EATING RIGHT – 21min, c1996
DVD181  DIET WARS – 60min, c2004
V2587  EATING DISORDERS: THE HUNGER WITHIN – 42min, c1996
V2588  THE SILENT HUNGER: ANOREXIA AND BULIMIA – 46min, c1995

FAMILY
V3344  MACHO (male violence against women) – 26min, c2000
V2395  WELFARE WARRIORS – 37min, c1997
V3332  SENTENCING THE VICTIM (A rape victim’s story, her journey to heal, and the journey to turn empathy into action and taking a hard look at the inequities of our judicial system.) – 90min, c2002

DVD39  TEEN PREGNANCY: REEL STORIES, REAL LIFE (This program follows the stories of 3 young teenagers with unplanned pregnancies as well as another couple who have chosen abstinence.) – 15min, c2002
3 GIRLS I KNOW (intimate stories about young women, teen sexuality, pregnancy and HIV/AIDS) – 54min, c2004

WOMEN AND WAR (Captures women’s personal experiences of military violence, how they survived, reflects on their growing resistance to war) – 52min, c2002

THE ABORTION WAR: THIRTY YEARS AFTER ROE V. WADE – 22min, c2004

BABY CRASH: CAUSES AND CONSEQUENCES OF DECLINING BIRTHRATES (This program analyzes why more and more young women are postponing or altogether skipping having children.) – 46min, c2002

MISCELLANEOUS

ISSUES IN COUNSELING WOMEN: CASE STUDIES IN FEMINIST THERAPY – 78min, c1988

WARRIOR MARKS (female genital mutilation) – 54min, c1993

THE DAY I WILL NEVER FORGET (documentary on female genital mutilation) – 90min, c2002

WEARING HIJAB: UNCOVERING THE MYTHS OF ISLAM IN THE UNITED STATES – 34min, c2004

WE ARE THE LEADERS (A look at the world through grassroots women’s eyes women from around the world share their stories) – 62min, c1996

FILM AT THE FRINGES OF EXPERIENCE - EXPRESSING THE INEXPRESSIBLE: SHIRIN NESHAT – 42min, c2004

NOW (In a controversial reading of the states statutory rape law, Kansas Attorney General Phil Kline has pushed to mandate reporting of any sexual activity of people under the age of 16 and subpoenaed medical records of abortion patients. – 30min, c2005

POSTPARTUM DEPRESSION AND THE YATES MURDERS – 22min, c2003

BODY CHEMISTRY: UNDERSTANDING HORMONES (SERIES) – c2000

HORMONE HELL – 50min
HORMONE HEAVEN? – 50min
HORMONALLY YOURS – 51min

CREATING ALL-AROUND WELLNESS (SERIES) – 30min each, c2001

PROMOTING HEALTHY BEHAVIOR

ACHIEVING PSYCHOSOCIAL HEALTH

COPING WITH STRESS

KEEPING FIT

ACCEPTING LIFE’S TRANSITIONS

STEMMING VIOLENCE AND ABUSE
CREATING ALL-AROUND WELLNESS (SERIES) – 30min each, c2001

DVD41.7 THINKING GLOBALLY, ACTING LOCALLY ABOUT YOUR ENVIRONMENT

DVD41.8 PRACTICING PROACTIVE CONSUMERISM: HEALTHCARE

HUMAN SEXUALITY: A CONTEMPORARY GUIDE (SERIES)
- 30 min each, c2001

DVD26.1 UNDERSTANDING HEALTHY RELATIONSHIPS AND SEXUALITY (This program furnishes background on the issues of sexual expression, preference, and choice; also identifies the characteristics of the sexually healthy adult.)

DVD26.2 CONSIDERING BIRTH CONTROL, PREGNACY AND CHILD BIRTH OPTIONS (This program explores the subject of family planning, from birth control options, to pregnancy, to the basics of childbirth as well as the effects of parenthood on previous personal life goals.)

OTHER SUGGESTED PROGRAMS

DVD366 SLIM HOPES – 30min, c2002