



# Women and Their Bodies



נשים לגופן



المرأة وكيانها

## Annual Report 2008



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## Letter of Introduction

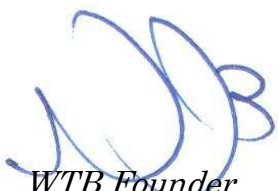
*Dear Friends,*

*It is with great pleasure that we share the latest developments in our work. With the war in South-West Israel and Gaza only just behind us, it is an extremely challenging time in Israel. While we feel helpless at the escalation of violence around us, we turn to each other, to our partners and our work of promoting women's health as a source of hope. Our work is based on the belief that there are no borders to the problems of women's health and well being. We are attempting to build bridges by enabling **all** women in Israel to protect and promote their own health, for the benefit of themselves, their families, communities and the entire society by providing them with information to make informed choices.*

*The year 2008 has marked rapid progress in the activities of Women and Their Bodies (WTB). We are blessed to now have over 300 active professional volunteers working with dedication on the book adaptations, the online information center, on community outreach workshops throughout the country and new collaborations with prominent NGOs and institutions across Israel.*

*Below please find an overview of this year's highlights - and as always, we look forward to hearing your comments and questions.*

*With blessings of health and joy to all,*



*WTB Founder  
& IVN SE Fellow*

*The WTB Board*

*The WTB Staff*

## About Women and Their Bodies (WTB)

Founded in 2005, **WTB** is a unique NGO working to promote comprehensive social change in the health attitudes of Jewish and Arab-Palestinian women who reside in Israel. **WTB** is a member of the 'Our Bodies Ourselves' (OBOS) international network of women's health organizations, focusing on all aspects of women's health in areas of conflict, with particular focus on sexual and reproductive health rights.

**Strategy and Programs:** We seek to provide accessible, pragmatic, research-based information about women's health and sexuality in order to raise awareness amongst women, regardless of age, socio-economic status and ethnicity, throughout Israel. To this end we are:

- (i) undergoing the massive and vital task of creating local and culturally adapted Hebrew and Arabic editions of 'Our Bodies, Ourselves', an unparalleled women's health guide, to serve the entire female population of Israel;
- (ii) establishing an online information center in Hebrew and Arabic and
- (iii) running community outreach workshops on women's health rights and sexuality and advocating to policy makers, and to health providers within and around the medical establishment.

**WTB's Members:** Over 300 women are active volunteers at WTB. We are women from a wide spectrum of Israeli society, including religious, progressive and secular women of the Muslim, Christian and Jewish communities around the country. We work as health professionals in key positions within the Israeli medical establishment, and as feminist activists involved in lobbying and policy change. We come from a wide range of backgrounds and specializations: psychologists, facilitators of women's groups, gynecologists, midwives, sexologists, gender and social studies researchers and more. We are all activists, each in our own way, promoting women's equality, justice and human rights.

### WTB's Goals:

- **Promoting** women's health in all its aspects.
- **Increasing** women's knowledge regarding their physical, mental, sexual and social health.
- **Providing** women with awareness of their health rights, along with skills and tools needed to improve the quality of health services available to them.
- **Promoting** minority rights within the national health system: WTB introduces medical personnel to notions of informed consent and to culturally appropriate and politically-sensitive approaches to women's health.
- **Evoking** public discussion regarding silenced issues concerning women's health in Israel.
- **Working** in Jewish/Arab cooperation

- **Propagating** an environment of co-operation and mutual responsibility between Arab-Palestinian and Jewish women, among NGOs committed to women's quality of life and across communities in Israel.
- **Encouraging** women's leadership and participation in civil society: WTB empowers women to stand up for themselves and their rights, mobilize and join local campaigns, and achieve better conditions ones' self, family, community and society.

## Strategy & Programs

### ~'Our Bodies Ourselves'-Women's Health Publication~

*"Millions of copies later, this book has changed the landscape of women's healthcare in the United States and throughout the world"*

- Sandra Morgen, Historian

WTB is undergoing the massive and vital task of creating local and culturally adapted Hebrew and Arabic editions of *'Our Bodies, Ourselves'*, an unparalleled women's health guide, to serve the entire female population of Israel. Published in the 1970s in the USA by an international women's movement, this amazing resource for women has been updated, adapted and translated into tens of languages worldwide.

The original book includes 32 chapters pertaining to women's health, sexuality, reproductive rights, body image, medical procedures, and many more topics. However, in order to create full and relevant local editions of the book

both linguistically and culturally, each of the chapters is researched, re-written, edited and reviewed by a team of professional and non-professional volunteers from across Israel. Over 300 volunteers have been intensively working on the adaptations during 2008!

#### **Our Bodies Ourselves - Publication Date:**

Thanks to the wonderful work of our staff, volunteer writers and editors, there are now **over 40 Hebrew and Arabic chapters** in progress. Depending on final negotiations with an Israeli publisher, our goal is to bring the Hebrew edition to print by the beginning of 2010! The Arabic edition will be publicized first as booklets and posted on the internet, and the full publication date of the Arabic edition will soon be announced.

#### **'Our Bodies Ourselves'**

##### **A Book by and for Women**

Often called "the bible of women's health", *Our Bodies Ourselves* has shaped how generations of women have felt about their bodies, their sexuality and relationships, and their reproduction and health. It has not only enjoyed a widespread popularity, unique for a feminist book, but has also transformed the provision of health care, helped shape health care policies, and stimulated research on women's health in the United States...

The book has been a catalyst for myriad consumer and patient advocate organizations and campaigns for women's reproductive rights. It has played an advocacy role in congressional hearings and scientific conferences on the safety of medications, medical devices, and procedures ranging from silicone breast implants to the new genetic technologies.

{Kathy Davis, "The Making of *Our Bodies Ourselves*", 2007}

## Local Research

### Working with Grassroots Women's and Human Rights Groups

WTB is in close contact with a variety of local groups, Jewish and Arab, throughout Israel in order to enrich and localize the materials. The goal: culturally adapting the material with information collected from each NGO according to their area of specialization, i.e. updated information on breast cancer, AIDS and HIV, physical disability, specific needs of Bedouin Arab unrecognized villages, etc.. Each NGO provides the local statistics/case studies/interviews/and more in their specialized field. WTB edits this information and includes it in our materials being prepared for publication. Once published, the materials will be disseminated nationally to all literate Arabic and Hebrew women in the region. During 2008 WTB initiated joint writing cooperatives with volunteers and activists associated with the following groups and organizations:

- Workshop series on Menopause: *Muntada - The Arab Forum for Sexuality*
- Editorial additions and narratives of disabled women which are inserted into many chapters in new editions: *Bizchut - The Israel Human Rights Center for People With Disabilities* and *The Institute for the Advancement of Deaf Persons in Israel*
- Chapter on women with HIV and AIDS: Former director of *The Israel AIDS Task Force*
- Chapter on Women's Emotional Well Being: *The Counseling Center for Women*
- Chapter on Organizing for Change: Director of *Shatil's* (The New Israel Fund's Empowerment and Training Center for Social Change Organizations in Israel) program for Economic Justice
- Chapter on Navigating the Israeli Health System and Knowing Our Health Rights: Former project coordinator of *Physicians for Human Rights - Israel*
- Chapter on Violence Against Women: Volunteers from *The Rape Crisis Centers in Israel*

And many more volunteers from additional women's groups and organizations active across Israel.

## Collecting Narratives

### WTB's Teams of Interviewers

The narratives are essentially the local stories describing a woman's personal experience or inspiring decision about her body and health – told in her own words. The narratives are included in each and every chapter, and make the texts relevant to the lives of readers in Israel. In order to complete the interviews required for the total 32 chapters in each language, *WTB* has recruited teams of volunteers to hold the interviews across the country.



*The interviewing teams* include over two dozen women, Hebrew and/or Arabic speaking, between the ages of 21 and 65, with a rich variety of professional and personal experience. During the past year the teams met for a number of training sessions which included: (i) *The theoretical trainings*, providing a thorough introduction to the ideology, methodology and skills needed for feminist and qualitative interviewing; (ii) *The practical training* which allowed the team to explore particular questions relating to interviewing needs of the OBOS adaptations, such as: raising topics considered taboo, securing the anonymity of the interviewee, and more.

*Photo above: Interviewers training session hosted by Milbat: the Israel Center for Technology and Accessibility for People with Disabilities. The session was lead there in order to ensure that also disabled women could join the interviewers' team.*

We are thrilled to report that within a number of days from, the posting of *WTB's* ad seeking interviewees, over 200 women voiced their desire to share their personal experiences regarding their health, their bodies and their health-care experiences. This response strengthens our sense that this project fills a large gap in the lives of Israeli women's, of all backgrounds.

## Graphic Images

The power of clear and poignant graphic images in educational materials can never be underestimated. Thought-provoking images make the publications a local, personal, political and transformative experience.

It is essential that the Hebrew and Arabic editions of "Our Bodies Ourselves" represent **our** local experiences of **our** bodies, **our** health, **our** sexuality and many more health related topics experienced through our



bodies here in the Middle East. During the last months of 2008, *WTB's* graphics committee has been gathering professional and personal photographs and images of women of varied religious and ethnic backgrounds. We are pleased to report that dozens of women have already sent in visuals on an entirely voluntary basis (see images on right – religious Jewish woman in maternity ward; Arab woman with hair covering at work in the market, etc.).

In addition, we are collecting pictures and illustrations from Israeli artists who depict images and scenes relevant to our work.

## Samples and Highlights

The following are samples and highlights of chapters researched and written over the past year.

### Chapter 30 - Navigating the Health Care System

**From the Introduction:** *"The more you know, the greater the likelihood that you will stand up for your rights, that you will be listened to, that you will receive the care you need, and that you will be able to avoid harmful and/or unnecessary medical treatment."*

#### Chapter Highlights

This chapter deals with how the Israeli health system responds to our right to health. We will outline the existing structures and options within the Israeli health system, and amongst other things, answer the following questions:

**How to Advocate for my Health:** What is informed consent? How do I make sure my rights and values are respected?

**National Policy and its Effects on Women:** The international treaty for Economic, Social and Cultural Rights signed by Israel, highlights the country's responsibility to assure that health services will be economically accessible to residents of all socio-economic levels. Since Israel passed the 1996 Bill of National Health, the government has repeatedly reduced its coverage of health care, and transferred the main burden of payment to the public. In 1998, the HMOs were authorized to collect fees for basic 'basket' services and to raise the participation fees for prescribed medications. The result – The costs and expenses for health in Israel per capita are of the highest amongst countries with a public health system, and create major economic obstacle to accessing medical services: 30% of low income Israelis and 20% of chronic patients reported in 2005 that they did not purchase basic needed medicines or medical treatments due to their cost. It has also been shown that women in Israel are more likely to refrain from health costs than men (20% compared to 15%). With today's expanding financial crisis, the connection between health and poverty must be stressed.

The chapter discusses: what is the "basket of health services" that is funded by the government? Who makes the decisions regarding which services are important to our health, and why are such treatments as dentistry and optometry not included in this basket? How is it that women are most deeply affected by this decision?

**Women Without Health Insurance:** In Israel today there are tens of thousands of women who are not Israeli citizens or residents, and therefore are not covered by the Israeli health insurance: migrant workers, refugees seeking asylum, victims of human and sex trafficking and Palestinian women who lack authorized residential status. Yet these women do have basic health rights. Will the medical system provide these women with emergency

services, as required by the international treaties signed by Israel? What kind of treatment do they receive?

### **Arab-Palestinian Women in Israel<sup>1</sup> – unique challenges in accessing health care**

In Israel today there are 1.449 million Arab residents, comprising 20% of Israel's citizens. 54% of Arab-Palestinian families in Israel are poor: during 2004, over 19% of Arab-Palestinians in Israel did not purchase needed medicine or medical treatment due to the cost. In Arab towns and villages there is no state run hospital, mental health institute or public geriatric nursing institute. In Israel, Arab-Palestinian women's life span is 78.1 years, compared with 82.7 years amongst Jewish Women.

### **Chapter 32: Organizing for Change**

WTB has completed an agreement to collaborate in the writing and adaptation of the Hebrew chapter on health rights and social mobilization. The chapter



forms a central part of the publication's section called 'Knowledge is Power' which works to mobilize readers towards social action. *Shatil*, a prominent Empowerment and Training Center for Social Change, works with disadvantaged populations to help them realize their rights and play an active role in determining the policies that affect their lives. WTB is thrilled to cooperate with *Shatil*, and will be working closely with Ronit Heyd, *Shatil's* Director of the Social & Economic Justice Initiative, who will be the coordinating editor for this chapter. The 'Organizing for Change' chapter will include: Getting together - Active organizations for Israeli and Palestinian citizens, residents, migrant workers and refugees - Resources and tactics - Examples of Organizing For Change – and much more.

### **Chapter 18: Birth Control and Contraceptives**

Israel is one of the only countries with a national medical insurance plan that does not cover contraceptives for women for most of their fertile years. Accordingly, the rate of abortions held in Israel is among the highest in the western world. A 2003 national survey found that only 50% of women aged 25-44 use contraception; and that the rate of contraceptive use rises in correlation with a woman's income. These findings show that the lack of inclusion of contraceptives in the national basket of services dramatically affects their rate of usage, particularly amongst women of low socio-economic status. In Israel today tens of thousands of women live below the poverty line: for example: in 2003, 97% of single parent families receiving welfare support were headed by women.

On the other hand, Israel is the only country that completely subsidizes unlimited cycles of fertility treatments until a woman gives birth to two children, or reaches age 45. Data presented at the parliament committee for

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<sup>1</sup> Most of the Arab minority in Israel define themselves today as Arab-Palestinians who hold Israeli citizenship, therefore to respect their right for self definition, and unlike past used term 'Arab Israelis', in this document we will be using the concise term 'Arab-Palestinians'.

the promotion of women's status shows that Israeli clinics run over 20,000 fertility treatment cycles per year, and each cycle's cost stands at approx. 8,000 NIS on average. An appeal of Human Rights Organizations to the Israel high court of justice in 2005 demanded that contraceptives be included in the basic national medical insurance. The appeal claimed that the imbalance of funding reflects extreme pro-natalist demographic interests, and not the health interests of the women receiving the treatments.

Yet we still see that prevailing social attitudes promoting women to biological motherhood lead women to undergo endless series of exhausting and potentially dangerous treatments without stopping to survey their alternatives. Theoretically there could be an alternative set of nationally supported priorities, for example: adoption procedures in Israel and from abroad could be made more accessible and affordable, thereby providing a humane response to the desire to raise children while simultaneously providing a solution for children without a home.

### **Chapter 15: Sexually Transmitted Infections**

The subject of STIs is taboo in Palestinian society in Israel. *WTB* board member, Nabila Mana, one of the volunteer draft readers of this chapter, believes that there exist a large number of women living with undiagnosed STIs who do not discuss their discomfort or symptoms with their medical caregivers. She explained: "an STI is incorrectly associated with having "multiple partners", which is considered unacceptable sexual conduct for Palestinian women. Having an STI supposes that the woman, or even her husband, has acted in an immoral and unacceptable way. Many women prefer to suffer than to tell someone, because they are ashamed. It is the shame, the social taboo that is far more fear-inducing than the disease itself".

### **Chapter 16: HIV and AIDS**

Finding individuals willing to speak with *WTB* and tell their story has been extremely difficult After many months of attempts and networking, and with the help of the former manager of The Israel Aids Task Force, *WTB* began to work with a woman who has written of her experience with HIV and AIDS, and different sections of her narratives are incorporated into the Hebrew and Arabic chapters; additional excerpts are taken from case studies particular to Israel, and from conversations with professionals who have worked with HIV carriers in the Jewish and Arab sectors of Israel. Similar to the chapter in English, the chapter spans personal, social and medical questions: how infection can occur, where to be checked (including the anonymity and costs of each option); what is the difference between HIV and AIDS, and more. The chapter urges the reader to understand the need for good health care, and describes what treatments exist, which are available in Israel, and which organizations and support groups are active (along with their contact information).

## ~Online Information Center~

During the second half of 2008, WTB coordinator Haneen Majadly has been working diligently on the preparation of *WTB's* web-based information and action center in Arabic and Hebrew. The website will provide a rich basis of information regarding women's health according to the topics included in our adaptations, from body image, nutrition and exercise, to reproductive health, menopause, particular illnesses, health hazards, etc. The website will also offer blogs, links to other organizations, updates on health legislation, developments and more. The website represents our unique point of view, placing women in Israel at the center of health literacy action and will be free for its users.

The purpose of the online center is not to replace the book, but complement it by providing updated, relevant information and data to raise women's consciousness regarding their physical, emotional, sexual and reproductive health rights; introduce to women and medical personnel a more culture-sensitive, holistic approach to women's health and to create a comprehensive database of information on health issues for women.

We conducted a survey amongst women in order to determine the importance of including an Online Information Center in our work and approach. The feedback strongly showed that women felt that not only was the information on the Internet insufficient and largely unreliable, but also confusing for the user. In addition, the responses from the more conservative women placed great emphasis on the "nobody knowing" factor. Like the book, the online medium provides them with a source of reliable and trustworthy information regarding health, sexuality and illnesses, the huge advantage being that they can read and learn about their health, rights and options **without anyone finding out about it.**

## ~Community Outreach~

### **Community Education Workshops**

*WTB* runs community outreach workshops on women's health rights and sexuality, both in geographic and socio-economically central and peripheral groups of Israeli society. Our outreach activity goals are to change the public and personal perceptions and discourse of women's bodies, sexuality and health to a more legitimate, respectful and empowering position.

At *WTB* we only take on fully qualified facilitators who have undergone the two year curriculum at one of the three institutions of higher learning in Israel that offer the facilitator's certification. They then undergo *WTB's* 30+ hour training session. During 2008 we changed our workshop model. Rather than giving one-off workshops, we now offer a series of up to six-eight workshops, allowing for a considerably more in-depth experience.

## WTB's Tools for Outreach and Action

The community workshop topics have expanded rapidly this year, ranging from healthy body image and women's relations with food, to medical interactions in life cycle developments such as menstruation and menopause. All topics include a social action based component, gearing women to discuss their authority and power to make decisions regarding their own bodies and values. WTB team of workshops facilitators now includes facilitators from Bedouin Arab villages in the Negev, Druze communities in the Galilee, Palestinian women from Jaffa and Haifa, and more (see photo on right).



**Targeted and subsidized workshops** are offered to groups of women in the Israeli geographic, economic, ethnic and cultural disadvantaged peripheries. For example, facilitator Suzaan Abu-Waasel led a workshop on women's Body Image and empowerment for the older women's club at the Arab Jewish Community Center in Jaffa.



Suzaan summarizes: *"Asking the women aged 45-60 to put their social commitments aside and focus on their own bodies and wellbeing, was an extremely challenging task. Much patience is needed to raise taboo topics. Many of the participants focused on good parenting, or their relationships with their in-laws; the concept of taking care of ones' self was rather alien at first... I am thrilled to tell you that their group coordinator now reports an overflow of critical discussions."* Photo above: Courtesy of the Women's Club, AJCC, Jaffa.

During 2008 WTB has lead community education programs and initiated joint projects with:

- Muntada - The Arab Forum for Sexuality, Education and Health
- Arus Al-Baher, Jaffa
- The Women's Group at the Community House, Kafar Kara'a
- The Arab-Jewish Community Center in Jaffa
- Sagol Festival
- Private women's and girl's groups
- The W.N.P. Center for Women's Health Education in the Galilee
- The Lafer Center for Women's Studies at the Hebrew University
- The Hebrew University's Social Involvement Unit
- The Gender Studies Program at Bar Ilan University
- Work groups at the Ministry of Health
- Tipat Hlav nurses in the North of Israel

## Cooperating with women's social change groups and human rights organizations

*WTB* sees cooperation with grassroots and women's organizations as an essential aspect of social change mobilization, particularly in order to mainstream the important advances in civil society through *WTB's* publications and workshops. A number of highlights from 2008:

### The 2008 Feminist Conference in Nazareth



The 2008 Feminist Conference was a big success, bringing together hundreds of Jewish and Palestinian feminist activists from across Israel. Together with over a dozen feminist groups who actively planned the conference, *WTB* organized the section on Women's bodies, health and sexuality, which included over 15 workshops and lectures. *WTB's* coordinators lead the central program on Jewish and Palestinian Women's bodies, health and sexuality, and were working hard to make sure that the speakers will include Women and transgenders of multiple and varied ages, ethnicities, sexual orientation and religious backgrounds. The central panel on current political, cultural and socio-economic challenges obstructing Israeli women's access to healthy living and health services was lead by Raghad Elnabilsy – *WTB's* coordinator of projects in Palestinian Society (see photo on right).

The 2008 Feminist Conference was a big success, bringing together hundreds of Jewish and Palestinian feminist activists from across Israel. Together with over a dozen feminist groups who actively planned the conference, *WTB* organized the section on Women's bodies, health and



### WTB leads training with Hadassah Optimal and Tipat Halav\*



*WTB* has taken an active role in the *Tipat Halav* steering committee running the pilot program for public health nurses' training. Within the nurses' training, *WTB* has lead the educational program preparing the nurses to create change within the communities: through *WTB's* workshops, the nurses gain the skills to become active change agents promoting health and empowerment among the women they serve in the *Tipat Halav* centers across Israel. The pilot program will soon be extended to a long-term, three year training curriculum which will include nurses from across Israel.

\**Tipat Halav* centers are Mother-Child-Health Services run by the Israeli Ministry of Health. The training's steering committee is lead by *Hadassah Optimal* - Center for Health Services, and includes representatives from the *Tipat Halav* and Ministry of Health, 'Women and Their Bodies' and the Cleveland Federation's *Isha* project.

## International Collaboration

*WTB* is the Israeli member of the global Women's Health Action network of "Our Bodies Ourselves". Within this network, *WTB* works in close cooperation with US Boston based *Our Bodies Ourselves* group ("The Boston Women's Health Book Collective"). Additional cooperation is planned, once funding is secured, with the group in St. Petersburg in Russia to culturally and linguistically adapt *WTB's* online information center for Russian speaking immigrants in Israel.

## Organizational Information

### Board, Staff and Editing Committees

**Board Members:** Dana Weinberg, Chairperson, Nabila Mana, Management of the Arabic project, Michal Lester Levi, Management and networking of volunteers and activists, Iris Barkan, Management of workshop and lectures, Nava Braverman, Dr. Revital Arbel, Medical and scientific editing

**Arab Society Leadership Committee:** Safa Tamish, Arabiye Mansur, Nabila Mana, Haneen Majadly, Raghad Elnabilsy, Abir Halabi

**Staff:** (In order from right to left): Tal Tamir Head Hebrew Editor, Dana Weinberg WTB chair and founder, Leah Kotin incoming Resource Development Coordinator, Raghad Elnabilsy Coordinator of Projects in the Arab Society, Haneen Majadly coordinator of Online Information Center, and Kinneret Milgrom Resource Development Coordinator about to start maternity leave.



### **Interns:**

Abeer Otman, Vered Pinto and Jehan Abzakh are MA students from the Hebrew University's program for Women's Leadership and Everett Fellow for Social Change. Our interns are working on the linguistic and content adaptation of the materials posted on WTB's online resource center, and on WTB's community workshops for Arab-Palestinian, and Jewish women's groups across Israel.

### **Editing and Graphics Committees:**

- *WTB's* Hebrew publication editing committee includes:  
**Tal Waintraub Meital Sharon, Tal Tamir, Michal Lester Levy, Miri Krasin and Dana Weinberg.**
- Graphic and photographic editing of the Hebrew Edition:  
**Shani Kedar and Tali Neeman-Savo.**
- The interviewing and narrative collection coordinator:  
**Rivka Kave**

## Our 2008 Supporters

The volunteers, board and staff of *Women and Their Bodies* are very grateful for the financial and moral support of the individuals and foundations that have been with us this year:

- The Israel Venture Network, for their fellowship and mentoring support.
- The Rothenberg and Johnson Families, San Francisco and Beer Sheva
- Della and Fred Worms, Jerusalem
- The Feminist Review Trust
- The Schocken Foundation USA, in memory of Esther Rome, a long time Women's Health Activist and founder of the Boston Women's Health Book Collective.
- The World Bank Fund
- The Everett "Fellows for Social Change" Program in partnership with Shatil, for our 2008-9 intern.
- A foundation requesting to remain anonymous.

We would particularly like to thank Sally Whelan and Ayesha Chatterjee from the Boston based *Our Bodies Ourselves*, for their kind assistance in securing funding for our projects, and supporting our work from day one.

## Become Involved - Sponsor a Chapter!

*WTB* is inviting individuals or groups of friends to sponsor a chapter in the Hebrew or Arabic adaptations. Sponsorship enables the sponsors to promote a particular topic which is close to heart, or to commemorate a dear person. The production of each chapter is approx. \$5,000. Smaller sums go directly to support sections of chapters, such as the narrative collection, or the linguistic editing in the chapter of your choice.

***We rely on the generosity of individuals and foundations to support our work.*** Please join us in making a difference in the lives and health of Arab and Jewish women, their families, and our entire society.

### **How to make a contribution:**

- ❖ Make a secure electronic donation for **Israeli** credit cards:  
[www.litrom.com/nashim](http://www.litrom.com/nashim)
- ❖ Make a secure electronic donation for **foreign** credit cards:  
<https://co.clickandpledge.com/sp/d1/default.aspx?wid=26339>
- ❖ Write a cheque (NIS, □, \$ or £) to "Women and Their Bodies" and mail it to 34 Kfar Etzion St. Jerusalem, Israel 93392.
- ❖ For a US tax deduction (minimum \$100), make out a check to "New Israel Fund". Write in the memo line that it is a donor advised contribution to *Women and Their Bodies* - Fund ID #5459, and mail it to NIF, 1101 14<sup>th</sup> St, 6<sup>th</sup> Floor, Washington DC 2005-5639.
- ❖ For a UK tax deduction (minimum £70), make out a check to "New Israel Fund". Write in the memo line that it is a donor advised contribution to *Women and Their Bodies* - Fund ID #5459, and mail it to NIF, 25-26 Enford St. London W1H 1DW.
- ❖ Make a direct deposit or wire transfer to the Israel Discount Bank, account # 3976 Branch 062, 21 Emek Refaim St. Jerusalem, Israel

***Thank you!***

**For further information, ways you can support or contribute to our work,  
or to subscribe to our e-mail updates,  
please contact Leah Kotin at [nashim.nissa@gmail.com](mailto:nashim.nissa@gmail.com)**



**By Women – For Women!**