



CLINIC CHRONICLE

SEMCAC FAMILY PLANNING NEWSLETTER

Volume 1, Issue 3- October and November 2018

Dates To Keep In Mind

We will be closed on November 12th all day for Veterans Day and on November 22nd and 23rd for the holiday.

Please plan ahead for pill pickups and your appointment needs.



WHAT'S NEW AT THE CLINIC?

- Our director, Megan Musolf, is back from a twelve week maternity leave. She is very busy getting back into her usual work and catching up on work.
- We have no current clinic wide events this month, but will have more coming in the future!

November 13th is Thanks Birth Control Day!

Thanks Birth Control Day is a day to think about the impact that birth control has had in our lives and society. It is to honor all of the positive benefits that birth control has had for many people. According to the Guttmacher Institute, Over 60% of sexually active women between the ages of 15-44 use birth control currently and 99% of sexually active women, aged 15-44, have used birth control at least once in their lives. Women use birth control for a variety of reasons, including chose if/when they become mothers, reduce menstrual symptoms, and treat conditions like acne and endometriosis. Using birth control can impact a woman's life on every level, impacting her education, career, relationships, and family. So on November 13th of this year, share on social media about how birth control has impacted your life and family using the hashtag "#ThxBirthControl", donate money to organizations that help provide birth control for everyone, like the Semcac Clinic, and talking about birth control with your friends and family.

If you need birth control, you can call any time between 8 AM and 5 PM Monday-Thursday to set up an appointment and on Friday from 8 AM-12 PM.

Make an Appointment Today! Call 507-452-4307

Southeast Minnesota Reproductive and Sexual Health Update



Minnesota saw nearly 24,000 diagnosed cases of chlamydia in 2017.

Contact Us

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Winona, MN, 55987
507-452-4307
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<https://www.semcac.org/semcac-clinic/>

Follow Us



-On October, 24th, 2018, our staffed attended the Southeast Minnesota Reproductive Sexual Health Update, hosted by Olmsted County Public Health, in Rochester, MN.

-Our staff had a table set up at the event to connect with other social service professionals in the region.

-During the event, seminars about contraceptives and STIs; intimacy, passion, and commitment; and the impact of vicarious trauma on caregivers' own sexuality were heard.

