Pap Camp | Growing Up with MMI

July 12 & 19 from 5:45-7:00 p.m. (in-person)
-OR- July 14 & 21 from 12-1 p.m. (virtual)

Designed for people with intellectual/developmental disabilities ages 18+ who identify as young women.

This two-session in-person or virtual workshop will focus on learning about routine cervical cancer screening and how you can mentally and physically prepare so your visit is as successful as possible.

**July 12 & 14  Personal Anatomy & Routine Exams**
Review which body parts are private, similarities and differences between sexes, and how those body parts change. Learn about the doctors you’ll see and exams you’ll have related to your adult body and why they’re important.

**July 19 & 21  Tips on Getting Through Your First Exam**
Learn about a pelvic exam/pap smear step by step. In-person attendees will have a chance to try out the stirrups and hold a speculum. Practice stretches and relaxation/breathing techniques to help make your exam as comfortable as possible. Learn about alternate positioning and other accommodations you can ask your doctor for.

**Pap Camp Teachers**
Sam Montemarano, MOT, OTR/L (left)
Anne Woodruff Jameson, PT, DPT (right)

*Therapists focused on reproductive health for people with I/DD*

- FREE. In-person workshop is limited to 5 participants so social distancing can be maintained.
- **To Register:** email anne.woodruff@unmc.edu
  Registration ends 7/2, 11:59 p.m.
- Questions? Email Anne Woodruff Jameson at address above or call 402-559-6415