



## Bring a Chair February 2026



Image: Paula Doress-Worters holding a copy of the 1998 edition (1999)

### A Note From Our Program Director

Dear Friends,

We are mourning the loss, and marvelling at the life, of Our Bodies Ourselves co-founder **Paula Doress-Worters**, who died last weekend. Paula was there when the idea of Our Bodies Ourselves first glimmered, at a “female liberation” conference in 1969. She wrote for every single edition of “Our Bodies, Ourselves” and co-authored “Ourselves Growing Older,” among other books. **Paula’s website** testifies to her full, beautiful, meaningful life. There, she shares pieces of her memoir in progress and recorded audio of many conversations she had with other founders.



The closeness of the Boston Women’s Health Book Collective is legendary and true. As Noah Press McIntyre (son of co-founder Miriam Hawley) writes, OBOS was built through lasting friendships. He recently reflected on what he learned from watching his mother and Paula research and debate and revise together. “I saw that collaboration can be grounded in friendship.... [and] that movements don’t just grow from strategy. They grow from trust. From real relationships. From people who care about each other beyond the project.”

I regret that I got to meet Paula only once in person. By the time I joined the OBOS staff, she lived far from Boston. But I've been surrounded by her indomitable words, voice, and spirit. The Collective's bonds of feminist friendship cross generations.

Echoing in my head is an interview with Paula and her daughter Hannah from the [concluding episode of our podcast, Next Chapters](#). "We do a lot of protesting," Hannah said. "We go protesting together. I started bringing a chair because, especially if we walk there, which is a good 15 minutes, we have a chair where Mom can relax so she doesn't have to stand up the whole time. She has her own sign."

As an earlier slogan of Our Bodies Ourselves proclaims: information inspires activism. The particulars may change, but we keep writing, carrying signs, and caring for each other. This newsletter does its part, from providing heart health resources to updates from our global partner in Québec. We gather at events like our upcoming feminist tea party on International Women's Day. In these projects and more, we continue the vital work of Our Bodies Ourselves – which the world still desperately needs.

As another brilliant OBOS co-founder, [Jane Pincus](#), reminded me yesterday, Paula is still part of all our lives. We just need to bring her chair, and keep going.

In solidarity,



Laura R. Prieto (she/her/ella)  
Our Bodies Ourselves Program Director

---

[Support Our Bodies Ourselves!](#)

---

## UPCOMING EVENT!

**Sunday, March 8, 2-4:30pm**

You're invited to "**Making Our Legacy Matter**," an afternoon tea with **Our Bodies Ourselves** on International Women's Day!

The program includes OBOS co-founder **Judy Norsigian** in conversation with women's health movement icons **Byllye Avery and Cynthia Pearson**; keynote speaker **Diana Namumbejja Abwoye** about global activism for gender justice; and **Grace Koch** on the next generation of feminist action at Our Bodies Ourselves.

[🔗 More information and tickets](#)

# Making Our Legacy Matter

Sunday, March 8, 2:00-4:30pm  
at Suffolk University, Boston



Join our feminist tea party  
on International Women's Day  
to celebrate our past,  
present & future!

with speakers  
Byllye Avery,  
Judy Norsigian,  
Cindy Pearson,  
Diana  
Namumbejja  
Abwoye,  
and Grace Koch



## Explore Our Website: Heart Health Resources

We are always adding new resources to our website, reviewed by our content experts and put into context by the editorial team at Our Bodies Ourselves.

This American Heart Month, we invite you to explore our heart health content.

Heart disease remains the number one cause of death for women in the United States. Not only biological factors but also cultural expectations, sexist assumptions, and biased practices all affect our cardiovascular health -- from influencing who develops heart disease, whether there will be a correct diagnosis, and whether treatment will be effective.



This article assesses the effectiveness of six common supplements (fiber, red yeast rice, phytosterols, fish oils, CoQ10, and vitamin D) that claim to improve our heart health.



Does gender-affirming hormone therapy affect the risk of cardiovascular disease in transgender people? Our Bodies Ourselves reviews the most recent research.

[!\[\]\(125d701e9425b54c764340b5671b38cd\_img.jpg\) Read "The Effectiveness of Popular Supplements"](#)



Dr. Emily Lau discusses how menopausal changes can affect our heart health, including how early assessment can help prepare us for the changes in our bodies.

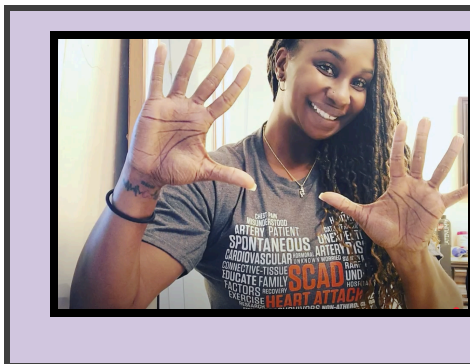
[!\[\]\(dfbd6b3763a6d1d9afaa974f64e2e4b5\_img.jpg\) Read "What to Know about Midlife Women's Heart Health"](#)

[!\[\]\(e78f798d4ea5c530c9db49e7d26e6b95\_img.jpg\) Read "Gender-Affirming Hormone Therapy and Cardiovascular Disease Risk"](#)



Cardiologist Christine Jellis discusses heart conditions that can run in our families and what we can do to take control of our heart health.

[!\[\]\(ec9132f1d27c8919987d92907322654d\_img.jpg\) Read "Family History of Heart Disease"](#)



### Spotlight: Our Stories & Conversations

Coping with a Postpartum Heart Attack  
Wakisha Stewart, a mother, wife, and nurse, shares her experience of having a postpartum heart attack at the age of 31.

[!\[\]\(758ebdf4629c903da74c2e079717ae32\_img.jpg\) Watch the video](#)

## Our Bodies Ourselves News

We hosted a fun Open House at Suffolk University on February 10th! Displays, trivia questions, and printed materials all emphasized the feminist perspective that Our Bodies Ourselves brings to health and sexuality topics. We're thankful to all the students and staff who made the event possible.

[!\[\]\(a8f9309f944226d1420f5fed22e2b6e6\_img.jpg\) Read the Suffolk Journal article about the open house](#)



Thank you to everyone who came  
to our Spring Open House  
at Suffolk University!



## Updates from Our Global Partners

Our Bodies Ourselves' **Global Projects Committee** has been hearing exciting updates from our global partners! Ever since the 1970s, feminist groups from around the world have been **translating and adapting "Our Bodies, Ourselves"** for women in their own countries. They have developed books in 34 languages so far. We are featuring their important work in a series, continuing here with news from La CORPS féministe in Québec.



Their latest publication, "Corps accord – Fertilité, grossesse et parentalité" (which translates to "Body Consent – Fertility, Pregnancy, and Parenthood") was released in March 2025. The photo above was taken at their celebratory book launch! This is the second volume drawing from "Our Bodies, Ourselves" and they have now begun

work on a third adaptation. They're also focused on growing their relationships with community groups and women's groups in Québec.

 [Read the new book's press release and more from La CORPS féministe](#)

---

*Please share this newsletter with a friend!*

---

*Your accurate **and** inclusive  
guide to health, sexuality, **and**  
reproductive justice*



Our Bodies Ourselves | 73 Tremont Street | Boston, MA 02108 US

[Unsubscribe](#) | [Our Privacy Policy](#) | [Constant Contact Data Notice](#)