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Hi, I'm [*Representative/Senator/Delegate/Assemblywoman state your name*] from [*name of your state*] and this year, on September 26th, I will be recognizing World Contraception Day. Contraception is the number one prescription drug a woman will use in her lifetime, and in light of that fact, I am taking the time to recognize this important day.

The biggest challenge we still need to overcome in order to improve access to contraception for women is education about not only the existence of contraceptive methods, but that there is a method for every lifestyle. This knowledge empowers women to decide what's right for them. Encouraging these frank discussions leading to informed decisions will help spark a healthy awareness worldwide. Remember, it's your life, it's your future. Discuss your options with your physician.

Women In Government, an organization of women state legislators, is recognizing the importance of contraception in a woman's life and will be taking note of September 26th. To learn more, visit [Women In Government dot org](http://WomenInGovernment.org).