

DR. **STEPHEN de WIT**

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For Women: A Healthy and Vibrant Sex Life at Any Age!

The need for intimacy is ageless. Studies confirm that no matter your gender, you can enjoy sex for as long as you wish. Naturally, sex at 70 or 80 may not be like it is at 20 or 30 – in some ways it can be better! Let's celebrate and who you are, deal with natural changes as you age, and walk out with powerful ways to improve or even restart your sex life at any age. I hope the information below helps you remember some of the highlights. Please feel free to make notes on here and reference this handout often.

Myths vs. Truths

Myth: Only the young are sexually attractive.

Truth: _____

Myth: Sexuality in later life is undignified.

Truth: _____

Myth: You will lose your ability to perform sexually after a certain age.

Truth: _____

Myth: Sex is boring when you get older.

Truth: _____

Other Myths: _____

Instagram [@drdewit](https://www.instagram.com/drdewit) Website: www.drdewit.com

COMMON CHALLENGES

MENOPAUSE

What is it?

What can I do?

Can I prepare for it?

BENEFITS TO SEX AS AN OLDER WOMAN

STAYING SEXUALLY FIT

State of mind: _____

Safer Sex: _____

Communication: _____

Pleasure Mapping: _____

If you have any questions or would like to speak to directly please get in contact with me at stephen@drdewit.com.