

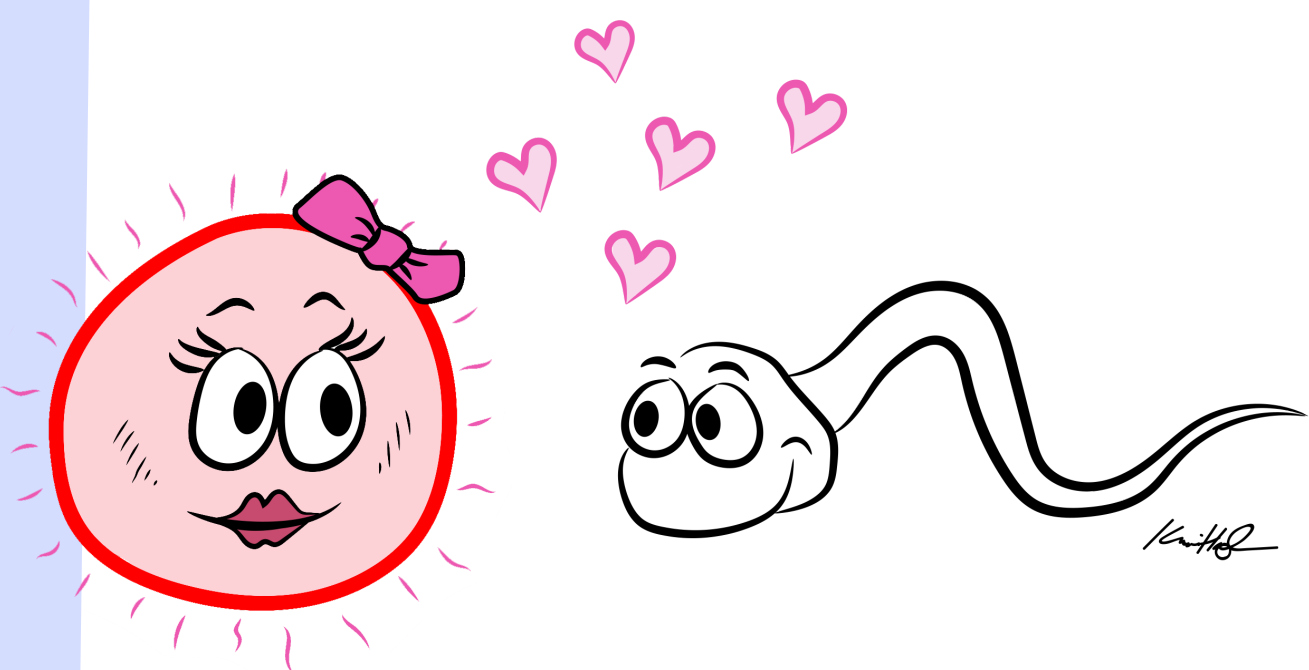
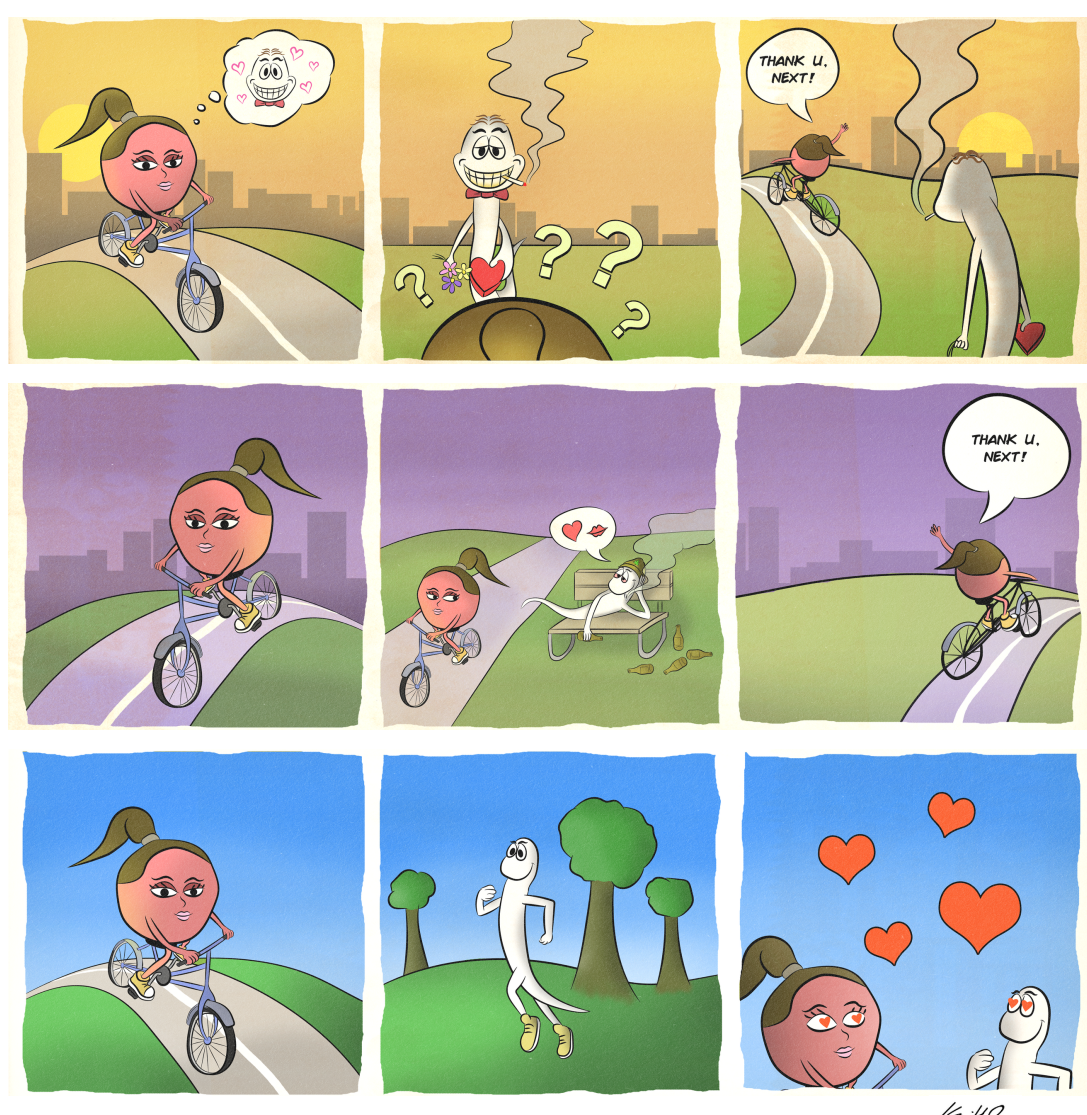
# ViVa (Viisaat Valinnat; Wise Choices) -project to strengthen reproductive health in Finland

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The main goal is to strengthen the adolescents' and young adults' ability to evaluate, boost and protect their own sexual and reproductive health, focusing on men.

We aim to

- encourage women and men in all ages to share interest and responsibility for **fertility awareness and preconception health**.
- encourage men to become more active and responsible for their own reproductive health.



[viva.tamk.fi](http://viva.tamk.fi)



[nutsneggs.tamk.fi](http://nutsneggs.tamk.fi)