



National Women's Health Week  
May 11-17, 2008

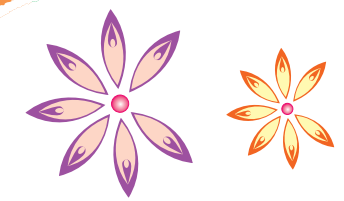
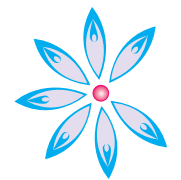
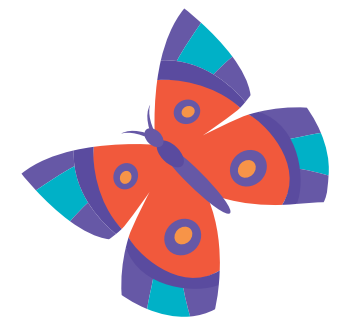


# It's Your Time!

Get Inspired.  
Get Healthy.

Talk to Your  
Health Care Provider  
Today!

Eat Better  
Move More  
Visit Your Doctor  
Relax and Take  
Care of Yourself  
You're Worth It!



## In order to stay healthy, you need:

- \* Breast and cervical cancer screenings
- \* Colorectal cancer screenings
- \* Shots—flu, pneumococcal and Hepatitis B
- \* Bone mass measurements
- \* Cardiovascular screenings
  - \* Diabetes screenings
- \* Physical examination
- \* Glaucoma tests

For reliable  
and current  
information on women's  
health, go to [www.womenshealth.gov](http://www.womenshealth.gov)  
or call 1-800-994-9662



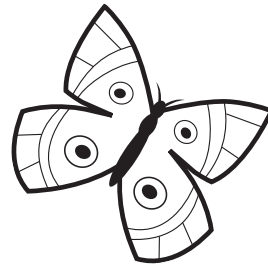
**Medicare now covers prescription drugs.**

For more information on Medicare-covered  
preventive services, including prescription drug  
coverage, go to [www.medicare.gov](http://www.medicare.gov)  
or call 1-800-MEDICARE



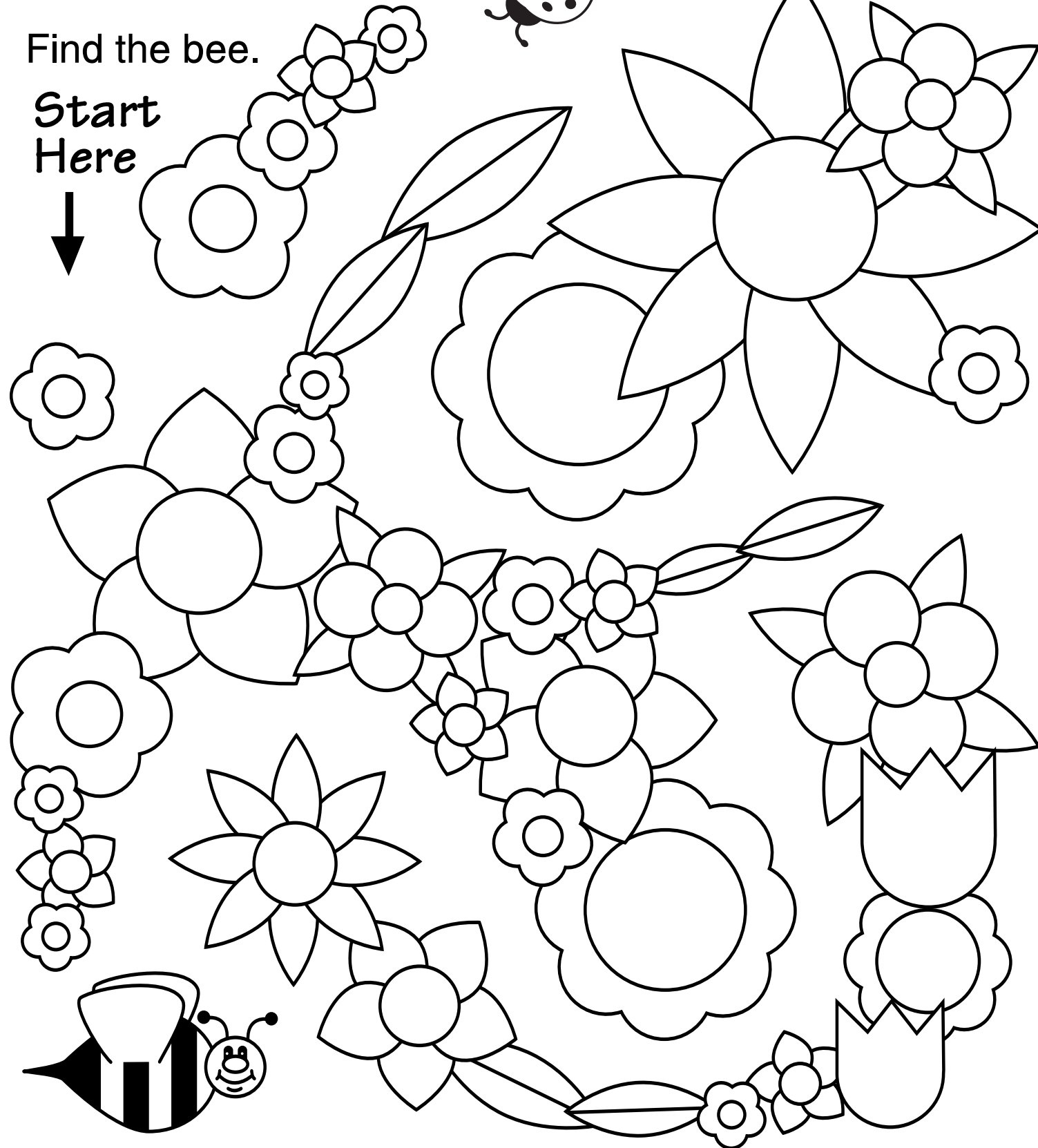
- \* Medicare-covered preventive services

Can you do the maze below? Color and give to Mom or Grandma afterward!



Find the bee.

Start Here



## Calcium word find

Circle the terms listed below in the Word Bank. All are foods that contain calcium, a nutrient that helps build strong, healthy bones.

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| C | S | F | T | N | A | C | A | M |
| H | H | E | D | L | N | L | M | E |
| E | H | E | I | O | G | U | T | S |
| C | M | M | D | A | E | R | B | E |
| I | A | I | K | D | U | N | T | E |
| U | N | L | L | G | A | O | O | H |
| J | I | E | O | K | F | R | A | C |
| E | P | Y | R | U | O | F | L | D |
| G | S | A | L | M | O | N | C | N |
| N | U | C | V | T | N | U | D | A |
| A | P | U | D | D | I | N | G | S |
| R | O | F | L | A | S | H | C | A |
| O | L | O | C | C | O | R | B | M |

Word bank: Bread, Cheese, Milk, Tofu, Pudding, Salmon, Yogurt, Orange Juice (with added calcium)

**Check the labels to find out how much calcium is in different foods.** Look for "Percent Daily Value" (written as %DV or % Daily Value). It's a number that tells you if there is a lot or a little of a nutrient in a serving. Five percent or less of a nutrient, like calcium, in a serving of food is low; and 20 percent or more is high.