



national
women's
health week

May 10-16, 2009



It's Your Time!

If you have less than 10 minutes:

Floss your teeth
Call your doctor to schedule a check-up
Take the stairs instead of the elevator

If you have more than 10 minutes:

Re-energize with a power nap
Take a walk
Call an old friend

For more information, visit womenshealth.gov/whw

Event:

Time & Date:

Location:

Sponsored by:



U.S. Department of Health and Human Services
Office on Women's Health

CELEBRATING
10
YEARS

womenshealth.gov
1-800-994-9662
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