



 national
women's health week
.....
May 13-19, 2012

It's Your Time!

Take these steps for a longer, healthier, and happier life:

- Visit a health care professional to receive regular checkups and preventive screenings.
- Get active.
- Eat healthy.
- Pay attention to mental health, including getting enough sleep and managing stress.
- Avoid unhealthy behaviors, such as smoking and not wearing a seatbelt or bicycle helmet.

Event:
Time & date:
Location:
Sponsored by:

For more information on National Women's Health Week, visit **womenshealth.gov/whw**.

Follow OWH on **Twitter** and **Facebook** for more women's health week updates.



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

womenshealth.gov
800-994-9662 · TDD: 888-220-5446

Scan this code with your smartphone
to find events near you!

