



May 11, 2009

National Women's Check-up Day

One of the most important steps a woman can take for better health is to get regular check-ups. Ask your health care provider about screenings for heart disease, diabetes, cancer, and sexually transmitted diseases. Schedule your check-up today and encourage the women in your life to visit their doctors to get theirs.

4 habits women can develop to increase their number of healthy active years.

- ↻ **Get Annual Check-up**
- ↻ **A Healthy Diet,**
- ↻ **Living Tobacco Free**
- ↻ **Being Physically Active**

For more information on Women's Health visit www.womenshealth.gov/whw



May 10-16, 2009