

TIP OF THE WEEK



National Women's Health Week: May 14th-20th

As a woman, here are some steps you can take to better your health:

Visit your doctor for an annual well-woman checkup and preventive screenings.

Get active. Physical activity can reduce your risk of heart disease and cancer.

Eat healthy. Focus on adding more vegetables and fruit to your plate.

Take care of your mental health, including getting enough sleep and managing stress.

Quit smoking, and avoid second-hand smoke from others who do.


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