



national women's health week

May 10-16, 2009

Steps to improving your physical and mental health:

- Get at least 2 1/2 hrs of moderate physical activity a week
- Adopt a lifelong eating plan for good health rather than a diet
- Pay attention to mental health this includes getting enough sleep and managing stress
- Visiting a health care professional for regular checkups and preventive screenings

What is National Women's Health Week?

This weeklong health event coordinated by the *US Dept of Women's Health* is to remind you that taking care of yourself is key to living a longer, healthier, happy life. Because most women are often family caregivers, they forget to focus on their **OWN** health.

Screenings available:

- Breast exams
- Pelvic exams
- Diabetic checks
- Health promotion visit
- Blood pressure/cholesterol checks
- Depression Screening

Call to make your
appointment **TODAY!**

When you come to your appointment you will receive a **free** health Journal.

Research shows that when women take care of themselves, the health of their family **improves !!**

SD Urban Indian Health
Phone: **605-339-0420**



**Honor Your
Mother With
Good Health**