

DHD#10 PROMOTES NATIONAL WOMEN'S HEALTH WEEK

May 6, 2022 – District Health Department #10 (DHD#10) is promoting **National Women's Health Week**, which begins Mother's Day, May 8th, and runs through May 14th. This awareness campaign comes from the US Department of Health and Human Services' (HHS) Office on Women's Health (OASH). This year, National Women's Health Week will carry the theme **Forward Focus: Achieving Healthier Futures Together**.

DHD#10 encourages girls and women to take care of themselves and make their health a priority by:

- Talking with healthcare providers.
 - Regular check-ups, exams, and screenings are important.
- Enjoying a healthy and balanced diet.
- Getting and staying active.
- Prioritizing their mental health.
- Practicing health behaviors such as getting enough sleep and avoiding distracted driving.

Housed within National Women's Health Week is **National Women's Check-Up Day**, which is May 9th. DHD#10 offers a number of services available for every stage of a woman's life: breast and cervical cancer screenings, diabetes prevention programs, tobacco cessation programs, birth control, sexual health services, and immunizations.

To learn more, visit www.dhd10.org or call 888-217-3904.

###



MEDIA CONTACT

Jeannine Taylor
Public Information Officer
O: 231-876-3823
C: 231-920-4998
E: jtaylor@dhd10.org



COUNTIES SERVED:

Crawford
Kalkaska
Lake
Manistee
Mason
Mecosta
Missaukee
Newaygo
Oceana
Wexford



www.dhd10.org



www.facebook.com/DHD10