National Women’s Health Week
Sunday May 10 – Saturday, May 16, 2020

This week we remind women to take care of their physical and mental health and well-being

MAKE HEALTHY CHOICES

- Eat fruits and vegetables
- Exercise
- Listen to your doctor
- Wash your hands frequently
- Sleep at least 7 hrs a night
- “Stay safe, stay home”

PRACTICE SELF-CARE

- Find time to relax
- Do a fun activity
- Practice deep breathing
- Meditate
- Call a friend
- Write in a journal

From Health & Clinical Services at DDS