

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