



National Women's Check-Up Day!

MAY 12, 2003

Take care of yourself! Learn ways to prevent:

- ✓ High Blood Pressure
- ✓ Diabetes
- ✓ Obesity
- ✓ HIV/AIDS
- ✓ Cancer
- ✓ Depression and more!

HOW? *Get a check-up!*

WHY? Because your health is important! Take time on National Women's Check-Up Day (May 12) to go get a check-up, or schedule a check-up. You are encouraged to call your health care provider to schedule an appointment for a check-up today!

WHERE? There may be a facility in your area offering check-ups and screening services on May 12th! Currently over 500 facilities around the country are offering their services - one may be near you! To find out, call us at (800) 994-9662 or visit: <http://www.4woman.gov>.

FREE INFORMATION! Contact the National Women's Health Information Center for more information, and ask for the *free* Information Packet.

1-800-994-woman, or visit: www.4woman.gov

WHAT is National Women's Check-Up Day?

As part of National Women's Health Week 2003, the U.S. Department of Health and Human Services is sponsoring the first ever National Women's Check-Up Day on May 12th, 2003. On this day, community health centers, hospitals, and other health providers across America will encourage women to come in for a check-up!