



What is National Women's Health Week?



National Women's Health Week is an observance led by the U.S. Department of Health and Human Services Office on Women's Health. The goal is to empower women to make their health a priority. The week

also serves as a time to encourage women to take steps to

improve their health. The 18th annual National Women's Health Week kicks off on Mother's Day, May 14, and is celebrated through May 20, 2017.

What steps can I take for better health?

To improve your physical and mental health, you can:

- Visit a doctor or nurse for a well-woman visit (checkup) and preventive screenings.
- Get active.

- Eat healthy.
- Pay attention to mental health, including getting enough sleep and managing stress.
- Avoid unhealthy behaviors, such as smoking, texting while driving, and not wearing a seatbelt or bicycle helmet.

How can I participate in National Women's Health Week?

The Office on Women's Health invites women across the country to:

- Spread the word through social media with our easy-to-use resources. Use the **#NWHW** hashtag.
- Join the National Women's Health Week Thunderclap.
- Take the National Women's Health Week quiz to learn about your health style.
- Organize events or activities.
- Learn what steps you should take for good health based on your age.

Visit womenshealth.gov/nwhw for resources and more information on how you can participate.