

# NWHW

NATIONAL WOMEN'S HEALTH WEEK

MAY 12-18, 2019



## About National Women's Health Week

During National Women's Health Week each year, millions of women take steps to improve their health. The week serves as a reminder for women to make their health a priority and build positive health habits for life. The 20th annual National Women's Health Week kicks off on Mother's Day, May 12, and is celebrated through May 18, 2019. The U.S. Department of Health and Human Services' Office on Women's Health leads National Women's Health Week to encourage all women to be as healthy as possible.

### What steps can I take for better health?

To improve your physical and mental health, you can:

- Visit a health care provider for a well-woman visit (checkup), preventive screenings, and vaccines.
- Get active.
- Eat healthy.
- Pay attention to mental health, including getting enough sleep and managing stress.
- Practice safe behaviors, such as quitting smoking, not texting while driving, and taking steps to protect yourself from sexually transmitted infections.

### How can I take these steps?

It's not always easy to take steps for better health, and every woman has her own approach. The key is to find what works for you. A great way to do that is to reflect on your health goals, what motivates you, and what's holding you back from being your healthiest you. Use our online tool to uncover personalized tips to help you take the next step on your health journey. Get started today at [womenshealth.gov/nwhw/find-your-health!](http://womenshealth.gov/nwhw/find-your-health!)

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

The Office on Women's Health invites you to:

- Share what steps you're taking for good health at every age. Use our social media and promotional tools at [womenshealth.gov/nwhw/tools/social-media](http://womenshealth.gov/nwhw/tools/social-media). Include [#NWHW](https://twitter.com/NWHW) and [#FindYourHealth](https://twitter.com/FindYourHealth) in any messages you share.
- Organize events or activities in your community.
- Use our online tool for customized tips to improve your healthy eating and physical activity habits. Visit [womenshealth.gov/nwhw/find-your-health](http://womenshealth.gov/nwhw/find-your-health).
- Share the tool with your friends and family to help them take the next step on their personal health journeys.



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