

National Women's Health Week

May 9-15, 2021

We Want You to Stay Safe!

Wear a mask when out in public.

Wash your hands as much as you can.

When it's your turn, get the COVID-19 Vaccine. You could be saving a life.

Use National Women's Health Week as a reminder to Breathe and Be.

- Stay Active. Eat Healthy. Get some Rest and Sleep.
- Manage Stress to ward off Anxiety and Depression.
- Visit your Doctor. Annual Checkups and Exams are an Absolute Must for maintaining Good Health.
- Most Important... Start Today.



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