

TIP OF THE WEEK



National Women's Health Week: May 8th-14th

As a woman, here are some steps you can take to better your health:

Visit your doctor for an annual well-woman checkup and preventive screenings.

Get active.

Eat healthy.

Take care of your mental health, including getting enough sleep and managing stress.

Quit smoking, and avoid second-hand smoke from others who do.

The Living Well program offers resources to help with all of these healthy tips. To find these resources, visit


LivingWell
make it a priority
THE UNIVERSITY of TEXAS SYSTEM

www.livingwell.utsystem.edu