

TAKING TIME IN 2009

- ◆ **Avoid Tobacco Products, Addictive Substances & Risky Behaviors**
- ◆ **Build Positive Relationships**
- ◆ **Calcium for Healthy Bones**
- ◆ **Exercise Daily & Stay Hydrated**
- ◆ **Fruits & Vegetables, More Matters**
- ◆ **Get Your Mammography & GYN Exams**
- ◆ **Have Regular Medical Checkups & Health Screenings**
- ◆ **Sunscreen All Day, Every Day**
- ◆ **Safety First**

TREAT YOURSELF & LAUGH OFTEN

Women's Health Month Committee

**ADVISORY COMMISSION
ON THE STATUS OF WOMEN**