FOR IMMEDIATE RELEASE

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WOMEN’S HEALTH WEEK IS CELEBRATED MAY 8 – 14, 2016
MORGANTOWN, WV – MAY 5, 2016

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 help women understand what steps they can take to improve their health. The 17th annual National Women’s Health Week kicks off on Mother’s Day, May 8, and is celebrated through May 14, 2016.

Steps that can be taken to improve physical and mental health are:

1. Visit a doctor or nurse for a well-woman visit (checkup) and preventive screenings.
2. Get active.
3. Eat healthy.
4. Pay attention to mental health, including getting enough sleep and managing stress.
5. Avoid unhealthy behaviors, such as smoking, texting while driving, and not wearing a seatbelt or bicycle helmet.

Julie A. Armistead, Women’s Health Nurse Practitioner at the Monongalia County Health Department (MCHD) said “May is the month during which we celebrate our mothers and what better time to bring in to focus women’s health across the lifespan! National Women’s Health Week highlights the vital roles women have in the health and wellness of their families, their communities, and globally. In keeping with the “National Women’s Health Week Pledge” (located at website address http://www.womenshealth.gov/nwhw/pledge/), we are committing to empower women to be the healthiest they can be at any age. Accessing preventive health screening, reproductive and sexual health services and immunizations for vaccine-preventable illnesses are important steps a woman can take to ensure her own health and wellness. Join us at the MCHD in honoring women and making a commitment to your best health in 2016! “

The MCHD Nursing staff supports women’s health by offering the following services:

- Breast and Cervical Cancer Screenings
- PAP Screenings
- Family Planning
- Immunizations
- STD Screenings

For more information, call the MCHD at 304-598-5119 or visit our website at www.monchd.org for more information about our programs or to schedule an appointment.

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