



**McHenry County
Department of Health**

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FOR IMMEDIATE RELEASE

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Celebrate National Women's Health Week May 9-15

Woodstock IL – McHenry County Department of Health (MCDH) is joining the U.S. Department of Health and Human Services' Office on Women's Health in celebrating National Women's Health Week May 9-15. This nationwide initiative calls attention to the importance of women's health. The theme is **"It's Your Time."**

"National Women's Health Week is important because it encourages women to take time for their health," says Fran Stanwood, MCDH's Director of Nursing. "Women are often the caregivers for their families and, as a result, forget to make their own health a priority. With National Women's Health Week, we remind women that they too need to visit the doctor, make sure their screenings are up to date and just take a minute to think about their health."

During the week, families, health organizations, businesses, communities, the government and individuals can get together to raise awareness about women's health issues and educate women about simple steps they can take for longer, healthier and happier lives.

Women are encouraged to visit their doctor on Monday, May 10 for National Women's Checkup Day. In addition, the Woman Challenge, an eight week online physical activity program, is scheduled for May 9–July 3. A guide to staying healthy is available at

<http://www.womenshealth.gov/pub/05prevguide.pdf>. For more information about National

Women's Health Week, please visit <http://www.womenshealth.gov/whw>.

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"Working to prevent disease and promote health and safety for all people of McHenry County since 1966."