



CATAWBA COUNTY

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Public Health

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National Women's Health Week Recognized by Catawba County Public Health

Catawba County Public Health joined the U.S. Department of Health and Human Services' Office on Women's Health and celebrated National Women's Health Week. National Women's Health Week is a nationwide initiative that calls attention to the importance of women's health. During the week, families, health organizations, businesses, communities, the government and individuals come together to raise awareness about women's health issues and educate women about simple steps they can take for a longer, healthier and happier life. The theme for National Women's Health Week 2008 is "It's Your Time: Get Inspired. Get Healthy."

"National Women's Health Week is important because it encourages women to make their health a top priority," says Jenny Baxter, RN, Charge Nurse for Catawba County Public Health's Adult Preventive Health Clinic. "Often times women are the caregivers for their families and forget to take care of themselves. With National Women's Health Week, we remind women that they also need to visit the doctor for their annual physical exam, have annual mammograms started at age 40, think about exercise and weight loss by "eating smarter and moving more!" Catawba County Public Health's Adult Preventive Health Clinic provides physical exams, lab tests and education related to women's health and substance abuse, as well as referrals needed for cholesterol and other primary care needs.

National Women's Health Week begins each year on Mother's Day. To learn more about Catawba County Public Health's Adult Preventive Health clinic or to make an appointment, please call 828.695.5800 or visit the web site at: <http://www.catawbacountync.gov/phealth/>.

For more information about:

National Women's Health Week, please visit www.womenshealth.gov/whw

Women's Health Issues, please visit www.4woman.gov/whw/healthinfo/

Ways to Eat Smart and Move More, please visit www.myeatSMARTmoveMore.com/

"Keeping the Spirit Alive Since 1842!"

