# NWHW

# National Women's Health Week

Celebrated each year beginning on Mother's Day, this observance week encourages women and girls to make their health a priority.

## MAY 14-20

**To prioritize your physical and mental health, you can:**

- Get regular checkups, including a yearly well-woman exam.
- Get active.
- Eat a balanced diet.
- Prioritize your mental health and learn how to cope with stress.
- Practice healthy behaviors. Daily decisions influence your overall health.

For more information, please visit:

**womenshealth.gov/nwhw**