

# SUNDAY MORNING Health Corner

## Achieving Healthier Futures Together

It's never been more important to put your **physical and mental** wellness first. Many women have put off taking care of their overall health and wellbeing needs in recent years. Many changed their everyday habits and how they communicate with family and friends. For other women, the combination has resulted in major health issues.

**During National Women's Health Week**, we encourage women and girls to reflect on their individual health needs and take steps to improve their overall health.



### Continue to Take Steps to Protect Yourself against COVID-19

Get vaccinated and stay up to date with a COVID-19 booster shot.



### Schedule your Annual Physical and other Health Appointments.

Certain health screening are recommended based on your age range to ensure you are healthy and thriving.



### Maintain a Healthy Weight

Maintaining a healthy weight can lower the risk of heart disease, stroke, diabetes, and high blood pressure. It can also reduce the risk of a variety of cancers.



### Get Moving and Stay Active

Daily exercise boosts cardiovascular health, and the sun's Vitamin D helps to strengthen your immune system.



### Practice Self-Care for your Mental Health

Each stage of life might present unique hurdles to maintaining healthy mental health. Be sure to make time to unwind and focus on activities you enjoy.



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[www.balmingilead.org](http://www.balmingilead.org)

620 Moorefield Park Drive, Suite 150

Richmond, VA 23236

804.644.2256