

SUNDAY MORNING Health Corner

Women's Wellness: Mind & Body

Today, we're reminding you: Your health matters, too. From annual check-ups to reproductive health screenings, caring for your body is an act of self-love and power. Whether it's a mammogram, Pap smear, blood pressure screening, or simply scheduling your next appointment, staying on top of preventive care is one of the best gifts you can give yourself.

But physical wellness is only part of the picture. Mental health, rest, joy, and spiritual balance are essential to your overall well-being.

Take time this week to breathe deeply, stretch your body, eat nourishing foods, and reflect on what brings you peace.

Women's Wellness Tips:

- Don't skip your yearly physical or gynecological visits
- Track your menstrual and reproductive health
- Practice small daily moments of rest and stillness
- Speak with a therapist, counselor, or trusted spiritual advisor
- Make space for joy, creativity, and movement

Your health is not a luxury—it's a right. And your wellness fuels not only your life but the lives of those you care for and inspire every day.

This week, we honor you. We encourage you. And we remind you: You are worth every moment of care.



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