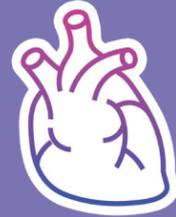


# Take Care of You

Women: Stay well, prevent health problems, and feel your best from head to toe.



**STRESS, ANXIETY & DEPRESSION** can affect anyone – but women have a higher risk.



**HEART DISEASE** is the **#1 KILLER OF WOMEN.**



**SUN DAMAGE** causes wrinkles and can lead to skin cancer.



**2 out of 3 US CAREGIVERS ARE WOMEN** – and the stress can take a toll.



**1 in 8** women will get **BREAST CANCER** in her lifetime.



**HALF** of all older US women **WILL BREAK A BONE** BECAUSE OF **OSTEOPOROSIS.**



MORE THAN **1 in 4** **US WOMEN** are seriously **OVERWEIGHT.**



Early prenatal care can prevent life-threatening problems in **PREGNANCY.**



**ARTHRITIS** **AFFECTS MORE WOMEN** THAN MEN, & the pain is often worse.



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