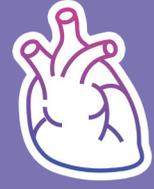


Take Care of You

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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