



Hello!

Here is your Health Kit for May 2019. Please take a few minutes to distribute all materials via email. Also, be sure to print the poster and display it widely. Your dedication to wellness makes a difference. Thank you for your efforts!

Calling all women! This month's Health Kit is all about women's health. You'll find tools and tips to help you make your health a priority.

[Coaching Moment: Challenge ON!](#) View this Coaching Moment for a quick challenge from Coach Brenda on well-woman visits.

[90-Second Video:](#) Watch this video for important information on breast examinations and breast cancer.

[Poster:](#) Build positive health habits with the simple suggestions found in this month's poster, **National Women's Health Week**.

[Brain Game:](#) Complete this crossword puzzle to find words associated with women's health.

[Recipe:](#) Check out this easy and healthy low-fat recipe for yummy baked zucchini sticks!

[Podcast:](#) Download this podcast for a breakdown on endometriosis — a disease that affects 1 in 10 women.

Additional Info: For more information on women's health, click [here](#).

Coming up...

Sorry, ladies...June is all about men's health! Men, stay tuned for plenty of info geared toward you.