

Health Update

Join the celebration!

NATIONAL WOMEN'S HEALTH WEEK KICKS OFF MAY 14

You're never too young or too old to make healthier choices! NJCEED (Cancer Early Detection Program) and the Ocean Monmouth Health Alliance join the U.S. Department of Health and Human Services in celebrating National Women's Health Week, which runs May 14-20, 2017. Whether you're in your 20s or 90s, you can take steps to improve your physical and mental well-being! Why not start today? Here are some tips:



Schedule your well-woman visit. Most insurance plans cover an annual check-up with your primary care physician and/or gynecologist – at no cost to you!

Go for your mammogram. Talk to your doctor about your risk for developing breast cancer and screening recommendations.

Screen for cervical cancer. A Pap smear and/or HPV screening could detect early abnormalities... and possibly save your life!

Get moving. Physical activity can reduce your risk for cancer, heart disease, diabetes and other conditions. Just 30 minutes a day will increase your chance for a longer, healthier life!

Eat healthy. Prevent chronic disease with a nutritious diet high in fruits, vegetables, whole grains, low-fat dairy, and lean proteins.

Your mind matters. You'll feel better – physically and mentally – if you get enough sleep, manage stress, and make time for yourself.

Free women's health screenings and services are available to those who qualify through NJCEED. For more information, visit www.oceanmonmouth.org or call your local NJCEED office:

NJCEED Monmouth County: 732-933-3952

NJCEED Ocean County: 732-557-3202 (English) 732-557-3207 (Spanish)



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