



# **NEWS RELEASE**

## **St. Charles County Government**

**Department of Community Health and the Environment**

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### **Women: “It’s Your Time!”**

Pamper your mind, body, and spirit during National Women’s Health Week

**St. Charles County, Missouri** – With so many things to do and others to take care of, it’s all too easy for women to forget about their health. National Women’s Health Week is a time to change that. The 8th annual celebration kicks off on Mother’s Day, Sunday, May 13 and runs through Saturday, May 19.

With the theme “It’s Your Time: Pamper Your Mind, Body and Spirit,” National Women’s Health Week urges women to take simple steps for a longer, healthier, and happier life. During the week, families, communities, businesses, government, health organizations, and other groups work together to:

- Celebrate the extraordinary progress in women’s health
- Bring attention to and create understanding of women’s health issues
- Encourage women to get regular check-ups
- Provide free or reduced-cost screenings for women nationwide
- Educate women about steps they can take to improve their physical and mental health and prevent disease.

National Women’s Check-up Day is Monday, May 14. Encourage the women in your life to make an appointment now for a check-up with their health care provider. They can help women learn the importance of taking appropriate health actions based on individual background and risk factors. For more ideas on how to keep healthy, visit [www.womenshealth.gov](http://www.womenshealth.gov) or [www.dhss.mo.gov/womenshealth](http://www.dhss.mo.gov/womenshealth).

For more information about the St. Charles County Department of Community Health and the Environment, call (636) 949-7400 or visit [www.scchealth.org](http://www.scchealth.org).

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