HEALTHY Woman 2005

Take Simple Steps Every Day to Live a Safe and Healthy Life

January

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
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23 30	24 31	25	26	27	28	29

February

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March

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April

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May

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June

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July

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August

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September

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October

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November

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December

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25	26	27	28	29	30	31

For more information about women's health, visit: www.cdc.gov and www.atsdr.cdc.gov.

*May 8-14 is National Women's Health Week.

• Get Routine Exams and Screenings • Be Good to Yourself • Maintain a Healthy Weight • Know Yourself and Your Risks • Get Moving •

• Be Smoke-Free • Get Vaccinations • Eat Healthy • Manage Stress • Be Safe and Protect Yourself •