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HARTFORD MARKS **NATIONAL WOMEN'S' HEALTH WEEK – MAY 9TH TO MAY 15TH**

NEWS RELEASE

National Women's Health Week is a week-long observance coordinated by the U.S. Department of Health and Human Services' Office on Women's Health. National Women's Health Week empowers women to make their health a top priority. With the theme "Its Your Time," the nationwide initiative encourages women to take simple steps for a longer, healthier, and happier life. Women are often the caregivers for their spouses, children, and parents and forget to focus on their own health. But research shows that when women take care of themselves, the health of their family improves. Important steps include:

- Getting at least 2 hours and 30 minutes of moderate physical activity, 1 hour and 15 minutes of vigorous physical activity or a combination of both each week
- Eating a nutritious diet
- Visiting a health care professional for regular checkups are vital to early detection of heart disease, diabetes, cancer and other conditions. Include screening tests such as mammograms, pap tests, and for sexually transmitted diseases.
- Avoiding risky behaviors such as smoking and not wearing a seatbelt
- Paying attention to mental health, including getting enough sleep and managing stress.

"This observance happens around Mother's Day for a reason--- to help women prioritize their health as much as they do their families. This is just one of many ways the City promotes a Healthy Hartford and will lead us into the month of June, when we host the Race for the Cure at Bushnell Park," said Mayor Eddie A. Perez.

"The City of Hartford Department of Health and Human Services is committed to improving the health of all Hartford women. We are proud to recognize National Women's Health Week as one of many opportunities to promote women's health. We will continue this commitment through events such as the 'Healthy Women, Beautiful Women' celebration scheduled for May 20th, from 11:00am to 3:00pm at Pope Park Recreation Center," stated Carlos Rivera, Director.

