national women's health week

An annual observance encouraging women to make their health a priority.

State Employee Activities

Tuesday, Wednesday, & Thursday, May 13th - 15th

State Capitol Executive Tower ~ 1700 W Washington Street

Tuesday & Wednesday, May 13th & 14th

10am—2pm: FREE SCREENINGS, PRESENTATIONS & INFORMATION

30 VENDORS HEALTH INFORMATION CHAIR MASSAGES

SCREENINGS: Cholesterol, Glucose Testing, Facial Skin Analysis, Osteoporosis Assessment

Healthwaves Corporate Wellness Team

Walk in screenings encouraged

10am—2pm No appointments needed.

MOM Mobile On-site Mammography "We Come To You"

Call Now (480) 967-3767
For your mammogram appt.
Walk-In times are limited
7am—5pm
(East of the Capitol on 17th Ave.)

Tuesday, May 13th

Presentation 11am—11:45am

Tips & Tricks *to Skin Cancer Prevention*

Did you know Arizona ranks No. 2 in the world in skin cancer rates? National Speaker Sharon McKenna will enlighten Arizonans on the importance of sun protection. Learn which sunscreen is the best, tricks to shield yourself from harmful rays and how to create SunWise habits!

Presentation 12pm –12:45pm

Being Active at Work

Simple exercises that will help keep your blood flowing, while at work! Presented by Michele Scanze.

Wednesday, May 14th

Presentation 11am—11:45am

Finding Balance in an Unbalanced World

One of the greatest challenges for women today is finding the time to juggle the many demands of life. Presenter Cheyenne Autumn will discuss the tools needed to maintain a healthy lifestyle and how to find joy while managing everything that life throws your way.

Presentation 12pm— 12:45pm

Yoga As a Way of Life

Why Yoga? Yoga makes you feel good. *Body Definitions* Instructor Jacky Burke will tell you why it's relaxing, energizing, & mind, body and soul strengthening.

Thursday, May 15th 11am-12:45pm

THE EVOLUTION OF EXERCISE

Executive Tower 2nd Floor Conf. Rm

Join Olympian LYNDSEY FRY and her mom LYNNE as they wrap up the week with an inspirational story and an introduction to the fun "Evolution of Exercise" workout. Wear comfortable clothing as you will be transported through a 45 minute fitness routine!

Participant Drawings!

Meet 2014 Olympic Silver Medalist LYNDSEY FRY!

As a Chandler resident, Harvard University student and athlete, hear Lyndsey speak about keeping motivated and staying healthy.

Brought to you in partnership by the Arizona Department of Health Services and the Arizona Department of Administration