

national women's health week

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

State Employee Activities



May 10th -12th

State Capitol Executive Tower

Up to 125 pts

10am—2pm
Walk-in

Call 480-968-1886
for an appointment



Screenings include:
Cholesterol Testing, Glucose Testing,
Osteoporosis Assessment

Tuesday & Wednesday 10am—2pm
**30+ VENDORS, FREE SCREENINGS,
 PRESENTATIONS, HEALTH INFORMATION
 & CHAIR MASSAGES**

Earn Health Impact Points For Attending!



50 pts

7am—2pm
Walk-in times are limited

Call for an appointment
(480) 967-3767



Located east of the Capitol on 17th Ave.

Tuesday's Seminars

50 pts

11am-11:45am
Be Aware, Take Action!
A Look Into Breast Health

Learn to be proactive and self-aware of your breast health, find local resources in your community, understand ADHS and Komen's partnership in addressing breast cancer in Arizona.
Take Action Now!

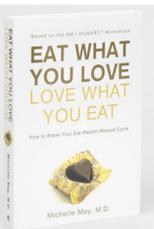


Michelle May, M.D., CSP

50 pts

12:15pm-1:00pm
**Eat What You Love,
 Love What You Eat**

Decades of ineffective dieting have left us feeling guilty, disappointed, and less healthy. This interactive, entertaining session turns that old fashioned paradigm on its head! You'll learn real-life strategies for eating fearlessly to nourish your body and fuel the life you crave.



Books available for purchase at book signing before & after!

Wednesday's Seminar

11am-11:45am **The Dragon Doesn't Live Here Anymore!** Sponsored by UnitedHealthcare

Live life unencumbered by stress by "chasing away your dragons". Identify the three stages of stress and learn positive ways to face stress and to control the stressors to work for us not against us.



CALL TO ACTION: Supporting Women Through Donations

CLOTHING DRIVE



Fresh Start Women's Foundation

Gently used & new women's professional apparel. Clothing on hangers is preferred, but bags are accepted as well.

HYGIENE KIT DRIVE

END HUMAN TRAFFICKING
Support Mesa 1st Drop In Center

Shampoos &Conditioners,
Brushes & Combs, Deodorants, & Soaps,
Toothbrushes &Toothpaste



25 pts

Thursday 11:00am-12:00pm Chair Yoga *presented by eMindful*

Participate in an hour of meditation while learning the many physical and mental benefits of incorporating chair yoga into each workday. Learn helpful tips for integrating

Back by Popular Demand!

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