

# National Women's Health Day

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

**WEDNESDAY, MAY 16, 2018**

**FROM 10 A.M. - 2 P.M.**

**STATE CAPITOL EXECUTIVE TOWER**



Support Women Through Donations!

**We Need:**

Gently used and new women's professional apparel. Clothing on hangers is preferred, however bags will be gladly accepted.

All donations will be provided to Fresh Start.

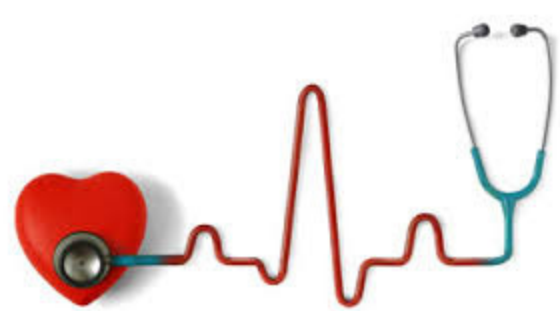
**Presentation:  
Mindfulness**

*Mindfulness: Being Present in Your Work and Life - 11:00 a.m. to 12:00 p.m. in 2nd Floor Conference Room*

Gwyneth Kelly will provide a presentation on how to be mindful and how to incorporate its practice into your life.

## Vendors, Health Information & Screenings

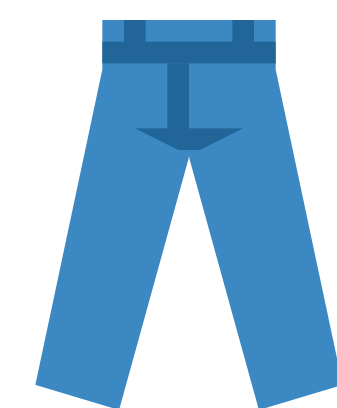
25+ vendors including American Heart Association, AZ Coalition to End Sexual & Domestic Violence, One AZ Credit Union, Southwest Indigenous Women's Coalition and many more!



Schedule your mammogram today!

Call (480) 967-3767

May 16th is a Jeans Day!



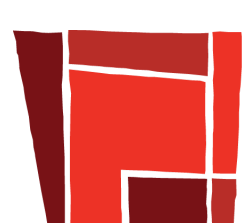
All proceeds will go to cancer treatment for the under-insured



**Healthwaves**

Screenings Include:

- Blood Pressure
- Cholesterol Screening
- Glucose Testing
- Osteoporosis Assessment



ARIZONA DEPARTMENT OF HEALTH SERVICES

ARIZONA DEPARTMENT OF ADMINISTRATION