

Women's Health Month

May 2025



Be Proactive

Get routine check-ups to help you monitor your health and catch any abnormalities early.

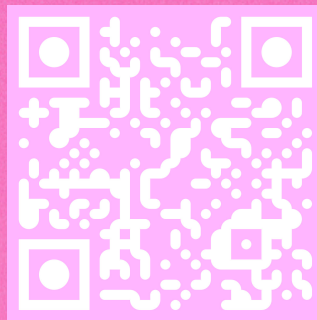
Women who are or may be pregnant should schedule routine prenatal visits to ensure the health and well-being of mom and baby.

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Practice Healthy Habits

Starting new healthy habits or continuing to practice healthy habits such as exercising, eating more vegetables, and getting enough sleep not only helps you but can influence the health of your children, family, and entire household.

Scan the QR code below for more information or contact your provider for more resources.



Resources are available in the Community to help you get started or to help you continue your health journey. For more information, contact the Tribal Health Department Community Health Education Program at:

(520) 562 - 5100