May is Women's Health Month, and we challenge you to empower yourself this month by taking charge of your well-being! Your health is your greatest asset, and this month is an opportunity to prioritize self-care and proactive health choices.

- Visit your primary care physician regularly.
- Schedule mammograms regularly. Mammograms are recommended yearly starting at age 40, or earlier if recommended by your physician or if you have a family history of breast cancer.
- Don’t forget about breast self-exams! The National Breast Cancer Foundation states that 40% of diagnosed breast cancer cases are found by detecting a lump on a breast self-exam.
- Obtain regular cervical cancer screenings as directed by your physician (most women are recommended to start regular screenings at age 21). Depending on results, cervical cancer screening is recommended every 3–5 years.
- Don’t neglect your mental health. Prioritize self-care, and seek help when needed.
- Embrace a balanced diet and regular movement.

Celebrate the strength and resilience that defines womanhood. Join the movement toward total well-being and discover the power you hold to shape a healthier, happier future.

Your health matters—make it a priority!