

HEALTHY WOMEN FOCUS ON

mind + body + space

MIND

- Get 7-8 hours of sleep every night.
- Learn ways to cope with stress at work and home.
- Seek medical help if you feel depressed.

BODY

- Get at least 30 minutes of daily exercise.
- Ask your health care provider about STI screenings.
- Choose healthy foods like fruits, vegetables and lean meats.
- If you smoke, abuse drugs or drink too much, get help to stop.
- Practice safe sex.

SPACE

- Avoid dangerous chemicals and cigarette smoke at work and home.
- Build healthy relationships with family, friends and colleagues.
- If you are experiencing abuse, call the National Domestic Violence Hotline at 1-800-799-7233.

Learn more about creating your best, healthiest life at:
tcinfanthealthnetwork.org

