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MOCK RELEASE

Celebrate Women's Health in May

Local Health Department Encourages Women to Follow Four Rules of Good Health

FRANKFORT, Ky. (May XX, 2010) – Following four simple rules could help women lead longer, healthier lives, according to the Kentucky Department for Public Health (DPH).

In conjunction with National Women's Health Week May XX-XX, the XX Health Department is reminding Kentucky women to follow these guidelines: exercise, eat right, get routine preventive health screenings, and avoid risky behaviors such as smoking and avoiding excessive sun exposure.

"For many women, taking care of our own health is far down on our 'to do' list. We care for our children; we care for our spouse; and many of us even care for our parents," said XX, local health department director. "During National Women's Health Week, we hope that all women in Kentucky will take some time to learn more about our guidelines for good health."

The annual National Women's Health Week will kick off XX, and will be celebrated until May XX. National Women's Health Week was created to encourage women across the country to get healthy by taking action.

The nationwide initiative, coordinated by the U.S. Department of Health and Human Services' Office on Women's Health, encourages women to make their health a top priority and take simple steps for a longer, healthier and happier life.

"Taking simple, preventive steps for your health is key to lifelong wellness," said DPH Commissioner William Hacker, M.D.. "The first step in taking care of our own health is education. From eating right, exercising and avoiding tobacco products to scheduling regular preventive health check-ups, talk to your health care provider about what's right for you."

Additional information about the four guidelines for wellness can be obtained by:

- Visiting www.chfs.ky.gov, for information on physical activity, healthy eating and tobacco prevention and cessation.
- Talking to your health care provider to learn more about scheduling recommended health screenings such as a mammogram, Pap test, blood pressure screening or cholesterol screening, among others.

For more information about women's health, programs and services available year round, contact the local health department in your area.

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