

# EMPOWERING WOMEN THROUGH HEALTH SCREENING

## SELF-CARE & SELF-ADVOCACY

### 💖 WHY IT MATTERS

- Early detection saves lives
- Healthy habits support long-term wellness
- Speaking up helps you get the care you deserve



### 1. Regular Health Screenings Save Lives

- Mammograms, Pap smears, blood pressure, cholesterol, diabetes checks
- Don't wait for symptoms — prevention is powerful

### 2. Prioritize Self-Care Every Day

- Eat balanced meals 🍎
- Stay active 🚶
- Get enough sleep 😴
- Manage stress 🧘

### 3. Be Your Own Health Advocate

- Ask questions, share concerns
- Know your family health history
- Request clear, simple information
- Trust your instincts — you know your body best

### ✅ KEY MESSAGES



### 🌍 DELAWARE WOMEN'S HEALTH

- Gaps exist in rural areas & among minority groups
- Clear, culturally sensitive info makes a difference
- Community support = stronger health outcomes

