



health & body care

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A Global View on Women's Health

The disempowerment and discrimination against women and girls in our global society often puts them at a greater health risk. Don't let your health take a back seat! Consider these important tips for women's health.

- **Manage stress** • **Stay informed about women's health issues & risks**
- **Make healthy lifestyle choices like eating better, exercise, good night's sleep & limited alcohol.**
- **Stay positive and set realistic health goals.**

March 8 is **International Women's Day!** To learn more visit www.internationalwomensday.com.

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