

Women's Health



New Way To Help Yourself And Others

(NAPSA)—Would you like to help the nearly 80 percent of U.S. black women who are overweight or obese improve their health? If yes, consider starting a *Sisters Together* group where you live, work or worship.

Sisters Together: Move More, Eat Better is a national program to help black women ages 18 and older control their weight through healthy eating and physical activity. Designed by the Weight-control Information Network (WIN) of the National Institute of Diabetes and Digestive and Kidney Diseases, part of the National Institutes of Health, the free program guide helps black women form groups that work together to reach their goals.



Working together, a group of women can make their community healthier.

- Tips and tools for using local resources, setting goals and planning events
- Sample letters, fact sheets and other items you can adapt for your program
- Advice on planning a meeting
- Tips on using websites, Facebook and Twitter to get the word out.

Where To Get It

To learn more about the *Sisters Together* program and download the guide and other materials, check out this link: www.win.niddk.nih.gov/sisters.

You can also follow WIN on Facebook at www.facebook.com/win.niddk.nih.gov for *Sisters Together* program tips and other ideas for healthy eating, physical activity and weight control.



Move More, Eat Better

Help your community take steps toward better health



NIH

National Institute of Diabetes and Digestive and Kidney Diseases

WIN

Weight-control Information Network

Free Guide

To help you get started, the *Sisters Together Program Guide* features:

- Six steps to start and build your own program