

# Women's Health Events Give The Gift Of Knowledge And Health

(NAPSA)—Spring, the season of renewal, can be a terrific time for women to renew their commitment to healthy living. Many women are “Everyday Super Heroes” who are responsible for not only their own well-being, but that of their families, including children, spouses and aging parents. Taking good care of everyone else often leaves women with less time to care for their own health—a harmful trade-off. So this season, “Take a Pledge for Better Health” and give yourself and those you love the gift of knowledge and health.

Speaking of Women's Health is an organization that's helping women find ways to better health. This nonprofit foundation, founded in 1995 as a one-day women's health event, is “dedicated to educating women to make informed decisions about health, well-being and personal safety for themselves and their families.”

Speaking of Women's Health has grown to more than 50 conferences and events nationwide, including two multicultural programs: Universal Sisters for women of color and Hablando de la Salud de la Mujer for Hispanic women. In 2007, Speaking of Women's Health launched “Growing Together, Connecting for Life” for mothers (or other women of influence) and daughters ages 9-12.

“Through all of our programs, our goal at Speaking of Women's Health is to educate and empower



**Event attendees will receive a free book that includes tips for “Everyday Super Heroes.”**

women,” says Dianne Dunkelman, founder and CEO, Speaking of Women's Health. “We know that women make more than 80 percent of the health care decisions for their families, and we want to provide them with the tools and resources to make small pledges that can improve their overall health. Our goal is to give women and their families the gift of good health.”

On Saturday, May 3, Speaking of Women's Health will join forces again with Wal-Mart to hold its annual Community Event at all 3,478 Wal-Mart stores across the United States—one of the largest single-day, free events focused on

women's health and wellness. Women attending the upcoming event will receive a free copy of the Speaking of Women's Health book, “A Few of Our Favorite Things.” The book, which debuts May 3 at the Community Event, includes photos from “Everyday Super Heroes”—successful female leaders and celebrities—of their favorite things.

Attendees will also be encouraged to “Take a Pledge for Better Health,” a commitment to overall health and well-being. Since the Speaking of Women's Health “Take a Pledge” program launched more than four years ago, women have made more than 4.7 million pledges to improve their health by making one small change in their daily lives.

Speaking of Women's Health has found success because it focuses on education, the impact of small changes and camaraderie between women. Millions have already taken to heart what they have learned at the events and women and their families are living better as a result.

Give the gift of knowledge and health to the “Everyday Super Hero” in your life by attending a Speaking of Women's Health Community Event near you. For more information about Speaking of Women's Health or the Community Event at Wal-Mart, please visit [www.speakingofwomenshealth.com](http://www.speakingofwomenshealth.com).