

Women's Health

Good Health For Women After Menopause

(NAPSA)—As women mature, they need to pay special attention to their health.

Fortunately, a new consumer brochure focusing on health issues that affect women after menopause has just been released.



A new brochure explains new options in prevention and treatment for the major health risks for women.

The brochure, called *You're In Charge* and published by the Alliance for Aging Research, offers easy-to-adopt suggestions for enhancing a woman's health.

It also offers advice on making health choices in diet, exercise and lifestyle behaviors and a "Checkup Checklist" that lists the recommended tests for aging women.

According to Daniel Perry, executive director of the Alliance for Aging Research, the first step in prevention is information. Said Perry, "This booklet helps women create a healthy lifestyle so that they can fully enjoy this new stage of life."

You're In Charge was made possible by an educational grant from the Lilly Centre For Women's Health.

To learn more, visit the Alliance Web site at www.agingresearch.org.