



National Women's Health Week May 9-15

[National Women's Health Week \(NWHW\)](#) is a weeklong health observance led by the U.S. Department of Health and Human Services' Office on Women's Health (OWH). The week May 9 through 15, serves as a reminder for women and girls to make their health a priority and take care of themselves. It is extremely important for all women and girls, especially those with underlying health conditions, such as hypertension, diabetes, obesity, cardiovascular and respiratory conditions, and women 65 years and older, to take care of their health now.

Make Yourself a Priority

Taking care of your body and mind is important to your overall health. It is a balance of self-care, which has long-term effects on your health. It's all about eating healthy, staying active, maintaining a healthy weight, practicing good sleep habits, keeping track of your preventive care visits and being good to your whole being – mind, body and spirit.

There are several steps you can take toward better health:

- **Healthy Living by Age:** Whether you're in your twenties or sixties, your health is important at every [age](#).
- **Women's Health:** CDC's aim to have a [Healthy World for Women and Girls](#).
- **Additional Resources:** Explore more info on steps to live a safer and healthier life from [The Centers for Disease Control and Prevention](#).

Register and Enjoy These Activities

Exercise Classes

- **Fri., May 14 – Noon to 1 p.m.**
[Yoga](#) ~ A gentle mind/body workout that incorporates poses to strengthen and stretch the body, while breathing deeply to enhance relaxation and muscle strength.
- **Fri., May 21 – Noon to 1 p.m.**
[Pilates](#) ~ Pilates is a form of low-impact exercise that aims to strengthen muscles while improving postural alignment and flexibility.

Mental Health Webinars

- **Wed., May 12 – Noon to 12:30 p.m.**
[Abhyanga](#) ~ The art of abhyanga is a form of Ayurvedic medicine that involves massage of your own body. Learn how to elevate stress and tension through self-massage.

- **Wed., May 19 – Noon to 12:30 p.m.**
Total Wellness Trivia ~ Games have been proven great for our emotional wellness. Laughter, engagement and learning are all components for lowering our stress levels. Tune in and have fun!
- **Wed., May 26 – Noon to 1:00 p.m.**
Taking Care of YourSELF ~ Focus on four ways to improve SELF-care (sleep, exercise, love, and food), and learn how daily practice of simple strategies supports improved health and well-being.

NEW! Employee Discount

Level Up is excited to announce a new **employee discount** from **Hand & Stone Massage & Facial Spa** in Brandywine, Maryland. Prince George's County Government employees can now receive special introductory and membership prices.

Win a Gift Basket from Hand & Stone Massage and Facial Spa – To celebrate this discount, Level Up will be giving away a gift basket full of surprises from Hand and Stone Massage & Facial Spa. To earn your chance to win the gift basket, all you need to do is attend any one of the above Mental Health Month activities and you will be entered into a random drawing at the end of May.

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