

Dear Colleague:

In support of the 8th Annual National Women's Health Week, which will kick off on Mother's Day, May 13, 2007 and will be celebrated until May 19, 2007, we are calling for the Paducah community, local businesses, government, health organizations and other groups to work together to support the goals of this National event.

National Women's Health Week encourages women to take simple steps for a longer, healthier, and happier life. The theme for National Women's Health Week 2007 is "It's Your Time: Pamper your Mind, Body and Spirit."

Ways to Participate in National Women's Health Week, Paducah, Kentucky:

- Donate health screenings free of charge or discounted for women in our community.
- Supply educational materials on health topics important to women.
- Donate a door prize or supply incentives/giveaways for attendees at the Women's Health Fair to encourage attendance and increase completion of available health screenings.
- Participate in the Wellness Walk on Friday, May 19, 2007 from 11:30am – 1pm or donate bottled water or healthy snacks for the event.
- Display posters/brochures about these events in your business or include the information in newsletters or emails throughout your company or organization to encourage employee or community involvement.
- Participate or encourage participation in the WOMAN Challenge at www.womenshealth.gov.
- Make time available and encourage employees to attend these important women's health events in our community. When able, give women time from work to attend a National Women's Health Week sponsored event.

Sincerely,

Dr. Susan K. Mueller and Staff
Contemporary OB/GYN of Western Kentucky, PSC.

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<http://paducahwomenshealth.com/Sponsors.html>