

2013 Women's & Men's Health Month Bulletin Announcement

**Please feel free to modify the following
announcement for the needs and styles of your audience.**

*Are You Up For The Challenge?
Celebrate National Women's & Men's Health Month
May – June*

The Nebraska Office of Women's & Men's Health, Every Woman Matters Program is pleased to offer no-cost or low-cost annual health exams to eligible women in Nebraska, between the ages of 40 and 74. An annual health exam may include a clinical breast exam, teaching of breast self-exam, Pap test with a pelvic exam, mammogram, and screening tests for heart disease and diabetes. Call your healthcare provider to schedule your annual health exam!

If you're a man or woman over the age of 50 it's also important to talk to your healthcare provider about the important tests that you may need, including colon cancer screening. Colon cancer is preventable, treatable and beatable.

Please pass this on to someone you care about! To see if you are eligible for program services, call 1-800-532-2227.

A cheerful look brings joy to the heart,
and good news gives health to the bones. *Proverbs 15:30*

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