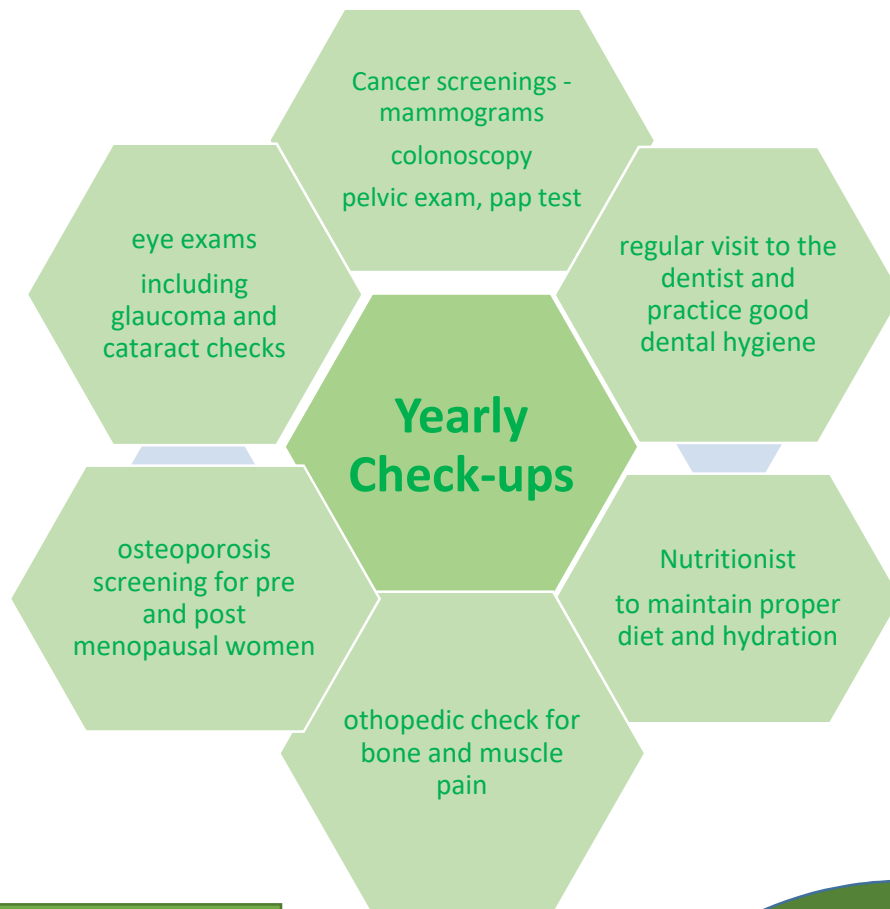




women's talk

Women have a number of health concerns that are often overlooked or misdiagnosed. There are simple ways to remain healthy into the golden years.



Take care of your FEET,
Knees and back. – Practice
good joint health. MOVE your
body, take a WALK!

See your doctor or
other provider for:

- inability to sleep
- signs of
depression