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## OPINION EDITORIAL

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### **National Women's Health Week: Celebrate The Women In Our Lives**

*By Alex Orton – Men's Health Network*

This year, National Women's Health Week is being celebrated May 11 to 17, 2014, starting on Mother's Day, and Men's Health Network (MHN) is celebrating women and the role they play in encouraging a healthy lifestyle for the men in their lives; specifically within their own family.

National Women's Health Week is an observance supported by the U.S. Department of Health and Human Services (HHS), Office on Women's Health with the goal of empowering women to make their health a priority, according to HHS's website, in addition to helping women understand what it means to be well.

Men's Health Network stands behind this observance period and recognizes the important role a healthy women plays in the life of the men and children in her life.

**“Men's Health Network's mission is to strengthen families and communities by addressing the health and well-being of men and boys, and focusing on women's health is an important component,”** said Ana Fadich, Vice President of MHN. **“Time and time again we see women are the ones bringing their husbands and partners to our community screening events or taking home educational materials for the men in their lives. When women make their health a priority, they may inspire their husbands, fathers, brothers and sons to get a check-up in June during Men's Health Week.”**

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Women can take the following steps to ensure that they are making their health a priority, and encouraging healthy behavior according to resources available at [www.womenshealth.gov/nwhm/](http://www.womenshealth.gov/nwhm/)

- Visit a health care professional to receive regular checkups and preventive screenings
- Get active
- Eat healthy
- Pay attention to mental health, including getting enough sleep and managing stress
- Avoid unhealthy behaviors, such as smoking, texting while driving, and not wearing a seatbelt or bicycle helmet
- Encourage the men and boys in their lives to lead healthy lifestyles

For more information about National Women's Health Week, please visit [womenshealth.gov/nwhw/](http://womenshealth.gov/nwhw/)

### **About Men's Health Network**

*Men's Health Network (MHN) is a national non-profit organization whose mission is to reach men, boys, and their families where they live, work, play, and pray with health prevention messages and tools, screening programs, educational materials, advocacy opportunities, and patient navigation. MHN is the promoter of Men's Health Month and Men's Health Week in June. Learn more about MHN at [www.menshealthnetwork.org](http://www.menshealthnetwork.org) and follow us on Twitter @MensHlthNetwork and Facebook [facebook.com/menshealthnetwork](https://facebook.com/menshealthnetwork).*

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