An annual observance encouraging women to make their health a priority.

May 15th - 17th  State Capitol Executive Tower

Monday & Tuesday Only  11am—1:30pm
30+ VENDORS, HEALTH INFORMATION, FREE SCREENINGS, CHAIR MASSAGES

Screenings include:
- Blood Pressure
- Cholesterol Testing
- Glucose Testing
- Osteoporosis Assessment

Schedule your Mammogram today!
480.967.3767

Healthwaves

CHECK FOR THE LUMP  Monday, 5/15, 11:30am-12:30pm
2nd Floor Executive Tower  “Don’t be a Chump! Check for a Lump! - Learn the latest facts on breast cancer and empower yourself with effective preventive tips to lower your risk. We invite you to STEP UP to prevention.

FINANCIAL WELLNESS  Tuesday, 5/16, 11:30am-12:30pm  2nd Floor Executive Tower
Are you a member of a Credit Union? Find out why you should be. Learn how membership can help to improve your financial wellness and about the many products and services being offered. Special incentives for joining.

WOMEN AND HEART DISEASE: DON’T STRESS!  Wednesday, 5/17  11:30am-12:30pm  3rd Floor AZ Capitol Museum  - Under the Capitol Dome. We invite you to come learn and relax with us as we discuss the risks and signs of heart disease, while practicing methods to reduce stress through an active Tai Chi session. Tai Chi as a proactive self-care practice used to enhance balance and flexibility, while also reinforcing relaxation, calm, and harmony.

Supporting Women Through Donations - Drop Off Mon & Tues Only

Clothing  Gently used & new women’s professional apparel. Clothing on hangers is preferred, however bags will gladly be accepted

Toiletries  Shampoos & conditioners, brushes & combs & soaps, deodorants & toothbrushes & toothpaste

Menstrual Hygiene  Collecting unopened packaged tampons, pads & wipes

Brought to you in partnership by the Arizona Department of Health Services and the Arizona Department of Administration