

March Into Womens' History with GABC

Womens' wellness is a GABC priority year round, with regular mammograms and gynecological checkups covered under ALL plans. But in honor of Womens' History Month, GABCHealth.org is featuring information and special links related to womens' history and healthcare issues.

Preserve your own history by setting up appointments for important health screenings this month, then log on to learn things like:

- The impact fast food has on womens' health, and tricks for better eating at restaurants
- How much exercise is *really* required each day, & the best sports for building bones
- Tips for using cosmetics safely, plus Q&As about lipstick, hair dye and more
- Statistics about women's income, careers, and education; and resources to read about inspirational women throughout history



GABC: Taking Steps to Keep You Healthy from Head to Toe

Graphic Arts Benefit Corporation (GABC) • 800-469 FAX: 301-474-3197

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