

**It's your time... to take action to improve your health.**



**Take Action:**

- Follow a healthy diet with enough calcium.
- Don't smoke; it reduces bone mass and lowers estrogen levels.
- Drink alcohol sparingly (1 drink per day) or not at all.
- Get regular, weight-bearing activity. Good choices include walking, gardening, dancing, and tennis.
- Some medications help slow bone loss. Discuss them with your healthcare provider.

**Osteoporosis.** Our bodies constantly break down and rebuild bone. When this cycle is out of balance, the result is osteoporosis (thin bones). The key to preventing osteoporosis is to begin with strong bones. The first 30 years of your life are critical. Think of bones as a savings account. The more bone mass we deposit, the more we will have later in life when normal bone loss occurs.

Learn more about your health at the Women's Health Expo at the Arizona State Capitol, May 15-17.

# State Employee Activities at the State Capitol Executive Tower

**1700 W Washington Street**

## Tuesday, May 15th

Health Expo:	10am— 2pm	25+ vendors providing HEALTH INFORMATION and <b>FREE SCREENINGS!</b> Cholesterol and glucose testing, facial skin analysis, and osteoporosis screening
MOM Mobile:	7am— 5pm	Sign up for a <u>mammogram</u> by calling (480) 967-3767
Presentation:	12pm—1pm	<i>Get Your PLAY On! How Physical Activity Benefits You</i> (Location: 1700 W Washington, 5 <sup>th</sup> Floor Conference Room)

## Wednesday, May 16th

Health Expo:	10am— 2pm	25+ vendors providing HEALTH INFORMATION and <b>FREE SCREENINGS!</b> Cholesterol and glucose testing, facial skin analysis, and osteoporosis screening
MOM Mobile:	8am— 5pm	Sign up for a <u>mammogram</u> by calling (480) 967-3767
Presentation:	12pm— 1pm	<i>What's on your plate? Nutrition for women of all ages</i> (Location: 1700 W Washington, 5 <sup>th</sup> Floor Conference Room)

## Thursday, May 17th

Celebration Walk:	9am—10am	Wesley Bolin Plaza 911 Memorial Leading the walk— Nicole Crites, CBS 5 News
Presentation:	12pm—1pm	<i>The Dragon Doesn't Live Here Anymore</i> , learning about stress management (Location: 100 N 15th Ave. #103, ADOA-BSD Training Room)

