



Women of Wellness (WOW)

The Women of Wellness program focuses on the unique health needs of women ages 18 and older. Virginia Premier understands that a woman's health is not one-dimensional but includes the Mind, Body, and Spirit. The Women of Wellness Program is designed to help you improve your overall health.

Why participate in WOW?

- You are in need of a support system
- You want to live healthier
- You want to decrease your stress level
- You need help with preventive health screenings

What does the program include?

- **Women Living Healthy (Physical Health)**
 - Identify ways to prevent disease
 - Improve your physical well-being
 - Access for screenings and immunizations
- **Women Living in Balance (Mental Health)**
 - Parenting resources
 - Financial tips
 - Violence prevention
- **Women Living with Spirit (Spiritual Health)**
 - Support groups
 - Relaxation techniques
 - Stress relief

Want to Learn More?

<http://www.womenshealth.gov/>

<http://www.cdc.gov/women/>

<http://www.fda.gov/ForConsumers/byAudience/ForWomen/default.htm>

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