



*healthy*  
**Women**

MIND. BODY. SPIRIT.

**W O M E N**  
MAKE APPROXIMATELY

**80%**

of family health  
care choices

**85% OF WOMEN**



SELECT THEIR  
CHILD'S  
DOCTOR

**84%** of children  
are taken to their  
appointments by  
women

Source: Healthgrades

# Care for **you**

**Career plans,** car pools, and chore charts. Women are the primary coordinators of their lives—as well as their family's lives—and all of that scheduling, juggling, and day-to-day living goes much more smoothly if you and your crew are healthy.

## You are our priority

Kettering Health Network is making a commitment to women. We've designed the Healthy Women program to educate and empower women in health and well-being.

Healthy Women events are offered throughout the region to connect women to resources to help them and their families live their best lives.

Events provide an opportunity for women to gather, learn, share in their health and wellness journeys, and celebrate one another.

## Part of your community

With 8 hospitals, physicians offering services at more than 155 locations, and a renowned medical college, the network provides women across the region access to entire teams committed to disease prevention, obstetrics, gynecology, breast health, fertility, pelvic disorders, weight-loss solutions, and more.

{ Let us  
**take care**  
**of you** }

because you take care of everything else.

## Take the quiz!

# MIND. BODY. SPIRIT.

At Kettering Health Network, we see you as a whole person—not just the symptoms you are currently experiencing. We value mind, body, and spirit and know that all play a role in achieving your best health.

How balanced is your life? Take this quiz to find out.

### { Mind }

I can recognize and process my feelings.

(A) Always (B) Often (C) Sometimes (D) Rarely (E) Never

I invest time in reflection and self-improvement.

(A) Always (B) Often (C) Sometimes (D) Rarely (E) Never

I can manage stressors in my life and ask for help when I need it.

(A) Always (B) Often (C) Sometimes (D) Rarely (E) Never

I love and accept myself for who I am.

(A) Always (B) Often (C) Sometimes (D) Rarely (E) Never

### { Body }

I make healthy, balanced eating choices.

(A) Always (B) Often (C) Sometimes (D) Rarely (E) Never

I get 7 to 9 hours of sleep per night.

(A) Always (B) Often (C) Sometimes (D) Rarely (E) Never

I am active (*spend either 60 minutes a day engaged in light activity, 30 minutes a day in moderate activity, or 20 to 30 minutes a day in vigorous activity*).

(A) Always (B) Often (C) Sometimes (D) Rarely (E) Never

I self-monitor for early signs of illness and address them.

(A) Always (B) Often (C) Sometimes (D) Rarely (E) Never

### { Spirit }

I am content and peaceful in my life.

(A) Always (B) Often (C) Sometimes (D) Rarely (E) Never

I engage in religious or spiritual practices that contribute to my well-being.

(A) Always (B) Often (C) Sometimes (D) Rarely (E) Never

I believe my life has purpose and direction.

(A) Always (B) Often (C) Sometimes (D) Rarely (E) Never

I experience joy, love, and fulfillment in my life.

(A) Always (B) Often (C) Sometimes (D) Rarely (E) Never

### TOTAL YOUR RESPONSES:

(A) \_\_\_\_\_ (B) \_\_\_\_\_ (C) \_\_\_\_\_ (D) \_\_\_\_\_ (E) \_\_\_\_\_



## JOIN US FOR THESE UPCOMING EVENTS:

### Women's Wellness Day

This celebration includes cooking demos, a health fair, family fun, and the Walk for Women's Wellness. See more on page 2.

**Kettering Cancer Center Pavilion,**  
**May 7, 1 p.m.**

### Baby Fair

A free event featuring all things baby for those who are expecting or planning-to-expect!

**Southview Medical Center**  
**June 4, 2–4 p.m.**

### Know Your Fertility Options

Join reproductive endocrinologist and OB/GYN Joe Karnitis, MD, for a free seminar providing an overview of common fertility issues and treatment options.

**Kettering Medical Center**  
**June 14, 5:30–7:00 p.m.**

## What's your score?

### Mostly A and B: GREAT BALANCE

Keep up the good work! You are making choices that positively impact your health.

### Mostly C: OPPORTUNITY FOR MODERATE IMPROVEMENT

You are on the right track. You are taking actions to achieve a healthier you.

### Mostly D and E: AREAS TO IMPROVE

You can do it! You have the power to take the necessary steps to living your best life. Make a commitment to focus on these items to better your health.

Whether you're well-balanced or have areas to improve, Healthy Women events can help you achieve and maintain a healthy lifestyle.

### ▼ BE THE FIRST TO KNOW

Join Healthy Women to receive priority notification of upcoming events, seminars, and opportunities! Visit us at [ketteringhealth.org/womenshealth](http://ketteringhealth.org/womenshealth)