

Looking for free, reliable health information?



4woman.gov
The National Women's Health Information Center

FOR WOMEN:

- Info on 800 health topics
- Access to thousands of health-related publications
- Answers to health questions women ask most
- Dictionaries & journals
- Monthly calendar of events
- Latest news on women' health

Call 800-994-9662 / 888-2205446 (TDD) – 9 a.m. to 6 p.m. EST Mon – Fri
or visit the website <http://www.4woman.gov>



Connect: mind-body-spirit

FOR GIRLS:

- Becoming a woman
- Fit for life
- You are what you eat
- Mind over matters
- Choosing not to use
- Putting it all together
- In the news
- Special section for parents/caregivers

Visit the website <http://www.4girls.gov>