



Charlie Crist
Governor

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State Surgeon General

FOR IMMEDIATE RELEASE
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THE HOLMES COUNTY HEALTH DEPARTMENT HOSTS 5K RUN/WALK FOR WOMEN'S HEALTH ON MAY 14

BONIFAY – During the 10th observance of National Women's Health Week, women in Holmes County are encouraged to take simple steps to lead longer, happier, healthier lives. The week begins on Mother's Day, May 10, and ends May 16.

Special events include:

- National Women's Check-Up Day on Monday, May 11
- 5K Run/Walk on May 14th at 6:00 p.m.

National Women's Health Week empowers women across the country to get healthy by taking action. The nationwide initiative, coordinated by the U.S. Department of Health and Human Services' Office on Women's Health (OWH), encourages women to make their health a top priority. During the week, families, communities, businesses, government, health organizations and other groups work together to educate women about steps they can take to improve their physical and mental health and prevent disease.

Steps include:

- Engaging in physical activity most days of the week
- Choosing healthy foods
- Visiting a health care provider to receive regular check-ups and preventive screenings
- Avoiding risky behaviors, like smoking and not wearing a seatbelt

National Women's Check-Up Day on May 11 encourages women to visit health care professionals to receive or schedule a checkup. It also promotes regular checkups as vital to the early detection of heart disease, diabetes, cancer, mental health illnesses, sexually transmitted infections and other conditions.

Participants should:

- Contact a doctor or nurse to discuss a test or vaccine they may need
- Schedule an appointment for at least one of the tests or vaccines to take place in the next 90 days
- Celebrate their health every day

5K Run/Walk on May 14:

Holmes County Health Department is partnering with Tri County Community Council and the Florida Tobacco and Prevention Control Program to sponsor a 5K run/walk to raise awareness for women's health on May 14 at 6:00 p.m.

- **Pre-Register** by May 7 at the Holmes County Health Department or download the registration form at www.holmeschd.com.



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- **Registration Day** begins at 5:00 p.m. at Middlebrooks Park.
- **Cost** is \$10.00 per person. Proceeds benefit the PINK program to pay for mammogram screenings to Holmes County women under 50 years old.
- **Location:** The event will start and end at Middlebrooks Park.
- **T-Shirts:** Are available two weeks after the race for all participants.

For more information about National Women's Health Week or National Women's Check-Up Day, visit the U.S. Department of Health and Human Services, Office on Women's Health website at www.womenshealth.gov.

DOH promotes, protects and improves the health of all people in Florida. For more information about the Holmes County Health Department, visit www.holmeschd.com.

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