



Women's Health Awareness

HR-Wellness is committed to prioritizing the health and well-being of all women. By focusing on education, advocacy, and prevention, we can help close health gaps, encourage self-care, and support healthier outcomes for women everywhere.

EDUCATE

- Learn about conditions that disproportionately affect women, such as heart disease, breast cancer, and autoimmune disorders
- Understand the importance of regular screenings like mammograms, PAP tests, and bone density scans

ADVOCATE

- Speak up about your health concerns and ask questions during medical appointments
- Support increased funding and research in women's health

PREVENT

- Schedule annual wellness checkups and screenings
- Maintain a balanced diet, regular physical activity, and stress-reducing routines
- Know your family history and risk factors for early intervention and care



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