



# How's my health?

A personal health record

published by



*“The Women’s Fund for Health Education and Research is a 501 (c) (3) non-profit organization whose mission is to provide Houston area women and girls with the tools they need to be advocates for their health”*



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## What does The Women's Fund for Health Education and Research do?

**WHAT ABOUT ME?** Young Women's Health Education Program teaches resiliency and preventative health. Our program teaches young women the skills needed to establish good personal health habits and develop into strong, healthy women.

**WHAT ARE THE FACTS?** Women's Health and Advocacy Project holds health education seminars and special events that give individuals the information need to become advocates for their health.

*Our signature publications are free to the community:*

"What about me?" A girl's guide to health

"What are the facts?" Information to help women take control of their health

"How's my health?" A personal health record

"Which weigh?" A roadmap to a healthy lifestyle for families

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