

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

*For more information about our programs or publications,
or if you are interested in becoming a member, please contact:*



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This publication is generously sponsored by
Dr. David and Jane Braden
Tom & Marilyn Sumner
Sue Trammell Whitfield

What are the Facts?

What are the facts?

Information to help women
take control of their health

published by

WHAT ARE THE FACTS? is designed to serve as a resource for women of all ages by presenting current information on subjects related to women's health. Prior to publication, the medical professionals listed reviewed the booklet for technical accuracy. This booklet does not recommend exclusive courses of treatment or procedures to be followed, nor does it intentionally exclude other acceptable information, methods of treatment or religious convictions. Before acting on any information herein, the reader should consult a physician.

This publication is distributed free of charge in the Houston community thanks to the generosity of local foundations and corporations.

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