



Free to Eligible Women!

Join a program designed especially for Iowa women age 40 to 64 years of age.

By joining you will receive:

- ♥ Cholesterol Testing
- ♥ Blood Pressure Testing
- ♥ Height and Weight Measurements
- ♥ Stop Smoking Referral

A limited number of women are needed, so call today to find out if you are eligible!

Must meet income guidelines.

For more information contact:
Carroll County Public Health, a
division of St.
Anthony Home Health Agency at
712-794-5279
or 1-800-684-3020

This Life is Yours!

Take the power

*to choose what
you want to do
and do it well*

Take the power

*to love what you
want in life and love
it honestly*

Take the power

*to walk in the forest
and be apart of nature*

Take the power

*to control your own
life no one else can do it for you*

Take the power

*to make your life healthy,
exciting, worthwhile
and very happy while
you reach for
your dreams*

Poem by Susan Polis Schultz

Healthy Lifestyle Tips

Maintain a healthy weight.

Be active at least 30 minutes most days of the week.

Enjoy more healthy food: high in whole grains, fruits and vegetables.

Keep your blood pressure and cholesterol numbers within normal range.

If you smoke...stop!



Program funded through the Centers for Disease Control and Prevention and the Iowa Department of Public Health.