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COMMONWEALTH OF PENNSYLVANIA
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Memorandum

TO: Members of the House of Representatives

FROM: Representative Neal P. Goodman

DATE: January 11, 2011

SUBJECT: National Women's Health Week 2011 – May 8-14, 2011

In the near future, I plan to introduce a resolution recognizing the week of May 8 through 14, 2011, as "National Women's Health Week" in Pennsylvania.

National Women's Health Week is a weeklong health observance coordinated by the U.S. Department of Health and Human Services' Office on Women's Health. National Women's Health Week empowers women to make their health a top priority. During this week, 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 lower their risks of certain diseases.

This year marks the 12th year for National Women's Health Week, which kicks off on Mother's Day, May 8, 2011, and will be celebrated until May 14, 2011. Women are often the caregivers for their spouses, children, and parents and forget to focus on their own health. It is important to celebrate National Women's Health Week to remind women that taking care of themselves is essential for themselves and their loved ones.

If you would like to join me in sponsoring this resolution, please contact Linda Reed at lreed@pahouse.net or 787-2798.