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# LET'S CELEBRATE OUR STRENGTH

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WOMEN'S HEALTH

Women play many roles in life – moms, sisters, daughters, wives, and working women. There's no question about it, your health matters to you and your family. It's time to take care of you so you can feel your best and live your life to its fullest.



## Stay active

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Healthy habits could prevent up to 33% of breast cancer cases.\* For example, being physically active can lower your risk by about 25%.†



## Choose healthy

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Healthy bodies come in all shapes and sizes. Focus on changing unhealthy habits instead of changing your body, and love the skin you're in.



## Go for green

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Eat your greens – especially if you're planning to get pregnant. Folic acid found in dark leafy greens can help prevent certain birth defects.

**Expect great care when you're expecting.** Visit [thrive.kp.org/maternity](https://thrive.kp.org/maternity) to find everything you need to have a healthy pregnancy.

\*American Institute for Cancer Research

†American Cancer Society

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