



Take a Loved One to the Doctor

Women, did you know that **YOU** make up 85% of the healthcare decision-makers in the home? As women, your health and the health of your families and friends have a lot to do with *your* input. The decisions women make regarding health pave the way to longevity and wellness — not only in your own lives, but also in the lives of those you love.



SAN ANTONIO
COMMUNITY HOSPITAL



Take a Loved One to the Doctor is powered by Spirit of Women®, a national network of hospitals and healthcare providers across the United States that ascribe to the highest standards of excellence in women's health, education, and community outreach.

“I CAN DO NO GREAT THINGS, ONLY SMALL THINGS WITH GREAT LOVE.”

- Mother Teresa

Women are natural nurturers. According to the U.S. Department of Health and Human Services, most caregivers are middle-aged, and 61 percent are women. As women, caretakers and healthcare decision-makers, we should all take a moment to explore creative steps to embrace health, wellness and prevention. Let's show those we love that their health is our priority! Let's get started on not only practicing, but PLEDGING a long and happy future with our nearest and dearest.

Live well. Love wholesomely. Indulge creatively!

Life is a gift and good health is a choice. Partner with your local Spirit of Women Hospital TODAY to channel your creativity into a healthy new lifestyle for everyone you love!

Make a choice for better health.
Visit spiritofwomen.com.

SOURCES:

Centers for Disease Control and Prevention – www.cdc.gov

U.S. Department of Health and Human Services - www.womenshealth.gov / www.health.gov / www.healthfinder.gov



Spending quality time with those we love not only soothes the soul but it also cultivates our health and well-being. Below are some suggestions on how we can enjoy those special moments in life with those we love most by encouraging a lifestyle of *FABULOUS* health:

Girlfriends: On a girls day out, take your BFF to her annual mammogram exam. Afterwards, celebrate by going on a fun-packed afternoon— pamper yourselves with good food, manicures, pedicures and some good old-fashioned stress relief...SHOPPING!

Partners: Book a babysitter for the kids and come along with your significant other to their annual check-up. After the visit, treat them to a romantic evening *just for two* and rejoice in life, love and GOOD HEALTH...CHEERS!

Children: Kids' immunizations may not always be the most entertaining outings, but that doesn't mean that they can't be! Make the dreaded vaccination visit a mini field trip.

Stop 1: Physician's office

Stop 2: A desirable place for both the kids and yourself (i.e. ice cream parlor, beach, park, bookstore)

Let the kids help in making the decision and they'll look forward to putting health first!

Parents: Sometimes we overlook those we love most...our parents. As life progresses and many of us become parents ourselves, our own parents can become secondary to our action-packed lives. Take the time to check in with Mom and Dad about their health. Surprise them an hour before doctor appointments to accompany them and spend some quality time rekindling your relationship and reiterating how important their life and comfort is to you!



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