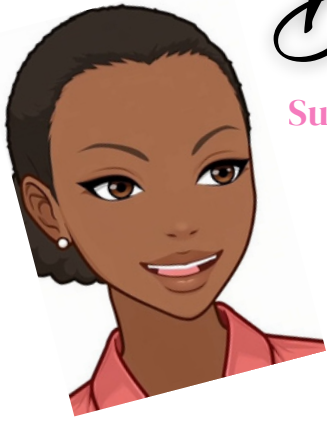


Dr. Denise Discusses...

Supporting your health journey, while improving health delivery.



APRIL 2026

WOMEN'S HISTORY MONTH

April is here!

Spring is in full effect! It is hard to believe we are already into our second quarter of 2026! April is stress awareness month and also highlights Black Maternal Health Week and National Infertility Awareness Week.

How to keep your stress levels down:

- Find something that relaxes your body and mind

Exercising, fun hobbies, spending time with loved ones or trying something new may bring you a sense of comfort during times of stress. Distracting your brain from the outside world is a great way to try and reset for a bit.

- Find healthy ways to manage stress

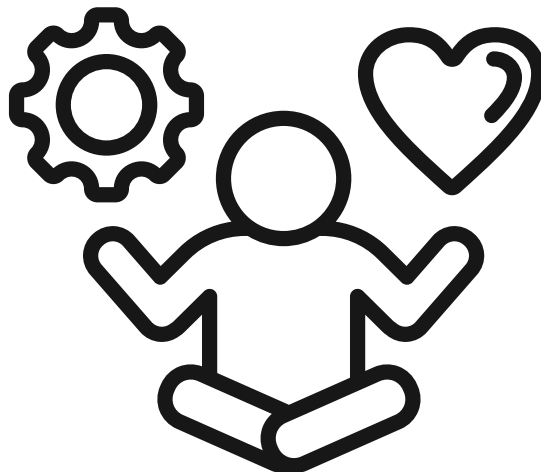
Taalk with a therapist or family and friends. Expressing your stressors with others or journaling can help you feel at ease.

DID YOU KNOW?

- Black women in the U.S. are three times more likely to die from pregnancy-related causes than white women
- Roughly 1 in 6 people worldwide are affected by infertility.
- Nearly 91% of employees reported high stress or workplace pressure in the past year, with over 50% experiencing burnout symptoms.



“Be the change you want to see
in the world”
-Mahatma Gandhi



SHOP NOW

