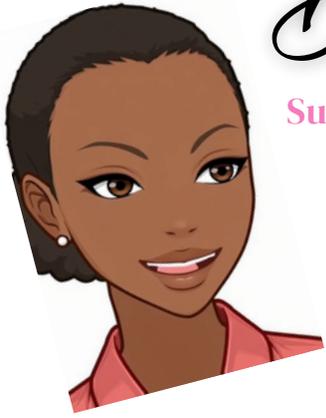


Dr. Denise Discusses...

Supporting your health journey, while improving health delivery.



MARCH 2026

WOMEN'S HISTORY MONTH

Happy Women's History Month!

The term "Super Woman" veils to be true not only this month, but every day. From being moms, CEO's, Supervisors, doctors, nurses, wives and so much more- women have a plateful and still manage to carry it with grace and resilience. In taking care of everything and everyone else we often forget to put ourselves on the checklist.

Have you scheduled/attended your annual:

*Below text from Dr. Denise Howard's "Essence of you: Your Guide to Gynecological Health"

- **OB/GYN screening**

Cervical Cancer is one of the most preventable cancers. The availability of screenings mean that no woman should die from this type of cancer.

- **Mammogram Screening (if applicable)**

Approximately 1 out of every 8 women will develop breast cancer in her lifetime. The best treatment for cancer is prevention. the next best treatment is early detection.

DID YOU KNOW?

- The first Women's History Day took place in 1909.
- Aretha Franklin was the first woman inducted into the Rock & Roll Hall of Fame.
- At the first Winter Olympic Games in 1924, women could only compete in figure skating.
- Madam C. J. Walker was the first Black female millionaire in the U.S.
- Women make up 17.5% of active-duty military members.
- More women earn college degrees than men.
- Eleanor Roosevelt held the first press conference exclusively for women.

"There is no limit to what we, as women, can accomplish".
-Michelle Obama



SHOP NOW

