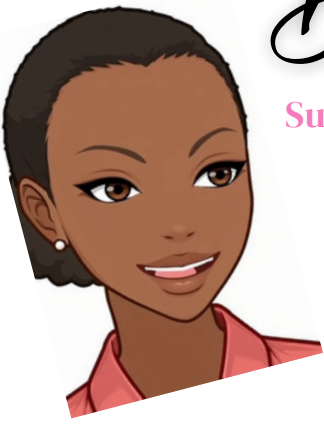




Dr. Denise Dizcusses...

Supporting your health journey, while improving health delivery.

Septemeber 2026

WOMEN IN MEDICINE MONTH

September is Gynecologic Cancer Awareness Month.

September also serves as National Suicide Awareness Month.

If you are struggling with your mental health, you can try reaching out to a trusted friend or family member, exercise for at least 30 minutes a day, engage in a hobby or reach out to the National Suicide Hotline at 988.



MARK YOUR CALENDARS

- September 30th is National Women's Health and Fitness Day.



PRACTICE HEALTHY EATING

- Leafy greens, fatty fish, beans, and berries that support bone density, heart health, and hormonal balance.



"A woman's health is her capital"



SHOP NOW

