



**National Women's
Health Resource Center**
www.healthywomen.org

Take 10 to

TALK

Consider this your personal invitation from the National Women's Health Resource Center to talk about your health.

Take just 10 minutes to T.A.L.K. with your health care professional to learn more about weight-related health issues.

Tell your health care professional if diabetes runs in your family.

Ask why excess abdominal fat is a health risk.

Learn ways to improve your family's eating and exercise habits.

Keep up regular health screenings.

The National Women's Health Resource Center:
Your source for health information.

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