

Mayor Tomás P. Regalado
Chairman Marc Sarnoff
Vice-Chairman Frank Carollo
Commissioner Wifredo (Willy) Gort
Commissioner Richard P. Dunn, II
Commissioner Francis Suarez
City Manager Carlos A. Migoya



MEDIA ADVISORY

FOR IMMEDIATE RELEASE

OFFICE OF COMMUNICATIONS
Mario Riquelme, Acting Director
Phone: (305) 416-1440
mriquelme@miamigov.com

Contact: Pat Santangelo
Public Affairs Officer
Office of the Mayor
Phone: (305) 250-5304
psantangelo@miamigov.com

Miami Mayor Tomas Regalado Proclaims National Women's Health Week

Miami, FL (May 12, 2010) – In honor of National Women's Health Week, Miami Mayor Tomas Regalado issued a proclamation declaring **May 9-15, 2010 as National Women's Health Week**. The Mayor is encouraging all residents to work together in order to promote and improve the health of women as well as increase awareness and understanding of women's health issues. National Women's Health Week is designed to empower women to make their health a top priority. With the theme "It's Your Time" women are encouraged to take simple steps for a longer, healthier, and happier life.

The United States Department of Health and Human Services is coordinating efforts across the nation. During National Women's Health Week, communities, businesses, government, health organizations, and other groups will work together to educate women about steps they can take to improve their physical and mental health and lower their risks of certain diseases. Important steps include: at least 2 hours and 30 minutes of moderate physical activity, 1 hour and 15 minutes of vigorous physical activity, or a combination of both each week. A nutritious diet, visiting a health care professional for regular checkups and preventive screenings, avoiding risky behaviors, such as smoking and not wearing a seatbelt, and paying attention to mental health, including getting enough sleep and managing stress.

To learn more about the weeklong celebration and information on local Women's Health Fairs visit www.womenshealth.gov/whw

WHO: Mayor Tomas Regalado

WHAT: Proclamation “**National Women’s Health Week**”

WHEN: May 9, 2010 through May 15, 2010

WHERE: Miami City Hall Commission Chambers

###