

May is Women's Health Month!

ACTION ALERT - Share Well-Woman Visit Social Media Toolkit

Take control of your health and empower the women and girls in your life to do the same. When a mother or trusted adult gets an annual well-woman visit, it shows that she takes her own health seriously and it empowers adolescent girls to do the same.

During Women's Health Month, the Kansas Maternal and Child Health Council (KMCHC) encourages you to spread the word about the importance of annual well-woman visits, especially related to forming healthy habits among adolescents.

Kansas MCH has designed social media posts to be shared throughout the month of May. Each week, post the graphics and captions on your social media platforms. Feel free to customize the messages to the well-woman services and opportunities in your community!

Women's Health Month Toolkit



Week 1: May 3-9

"This May, talk with your daughter about the importance of annual well-woman visits. Let her know that you take your own health seriously and encourage her to do the same."

[View the Full Captions & Toolkit »](#)



Week 2: May 10-16

"She looks up to you! Show your daughter that well-woman visits are important by getting them yourself and talk with her about taking charge of her health."

Women's Health Month Toolkit

www.kansasmch.org/womenshealthmonthtoolkit.asp