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National Women's Health Week Reminds Women to Focus on Health at Every Age *Clinic Sofia encourages women to put themselves first this week.*

MINNEAPOLIS (May 9, 2016) — Beginning on Mother's Day, National Women's Health Week offers the perfect reminder for women who may have neglected their mental or physical health. To help more women connect with this year's focus on "your health at any age," Clinic Sofia, a leading OBGYN clinic in the Twin Cities, encourages women to put themselves first this week and to make their health a true priority.

"As women, wives, mothers, sisters, daughters, colleagues and friends, we sometimes find ourselves giving and giving without replenishing our own stores of energy, purpose and wellness," said Dr. Donna Block, MD and founder of Clinic Sofia. "National Women's Health Week gives women the opportunity to take a deep breath, regain that focus and to do something wonderful for themselves. It can be as simple as scheduling that doctor's appointment."

The 17th annual National Women's Health Week, an observance led by the U.S. Department of Health and Human Services' Office on Women's Health, runs May 8-14 with a focus on empowering women to improve their health at any and every age.

Dr. Block adds that making health and wellness should be a priority, no matter if you are 20 or 80. Women often find themselves in the role of caregiver and can neglect to take care of themselves.

"Our bodies and minds change as we age, and we need to take the time to nurture ourselves, to ensure our needs are met and to even put ourselves first – something that isn't always easy for women," said Dr. Block. "If you have any health concerns – big or small – you will help the others in your life by first taking care of yourself."

(more)

Why Put Yourself First?

- 1) **You will be a better partner, parent, friend and caregiver.** When you feel good and your needs are met, you are far better able to respond to the needs of others.
- 2) **You will look and feel a little younger.** When you eat well, establish a healthy weight and do things to nurture yourself, you will have that youthful glow from the inside out – something money can't buy.
- 3) **Taking care of yourself can be a lot of fun.** Take a walk with a friend. Visit a new store. Get a massage. Health isn't just blood pressure screenings and height and weight checks. There are many wonderful and fun ways to do your body and mind good.

Focusing on Health at Any Age

No matter what your age or life stage, Dr. Block offers tips to empower women to focus on their health and wellness:

- **See your doctor once a year.** While check-ups may evolve as you age, they always provide an opportunity for preventive screenings, an open discussion about anything going on in your life and an organized focus on staying healthy throughout your life. If you haven't seen your doctor lately or scheduled your annual visit, National Women's Health Week is the perfect time to make that appointment.
- **Notice how the little things add up.** If you notice that you are texting while driving, forgetting to wear sunscreen and not wearing your seatbelt regularly, all of these can start to add up into unhealthy patterns. On the other hand, if you just take five minutes a day to breathe or write in a journal, always wear your bike helmet and moderate your alcohol use, you will also notice how these positive habits start to multiply in a beneficial way.
- **Get some sleep.** Lack of sleep can contribute to depression and anger, dangerous driving habits, difficulty at work and in relationships, and much more – not to mention lack of energy and overuse of caffeine. If you struggle to get seven to eight hours of sleep at night, talk to your doctor or see a specialist to see what might be keeping you awake.

About Clinic Sofia

Clinic Sofia, a leading OB-GYN clinic with locations in Edina and Maple Grove, provides full-circle healthcare for women. The clinic's name is inspired by the Greek goddess Sophia, who is a symbol of women's wisdom, life stages, fertility, monthly cycles and nurturing. Staffed completely by women, Clinic Sofia uses the intuitive arts of observation, listening and communication in addition to the medical expertise in the areas of obstetrics and gynecology to meet the complete health needs of women. For more information, please visit www.clinicsofia.com

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