

PUBLICATIONS AVAILABLE FROM THE HHS OFFICE ON WOMEN'S HEALTH

If you would like to order our free publications, please call our toll free number at **800-994-9662**. You may also view and print many of our materials on our website at: womenshealth.gov/pub.

FREE PUBLICATIONS:

A LIFETIME OF GOOD HEALTH: YOUR GUIDE TO STAYING HEALTHY walks women through ways to live healthy throughout the years. It outlines healthy behaviors to prevent and manage the many health conditions that can affect women.

Languages: English, Spanish, Chinese

YOUR GUIDE TO BREASTFEEDING provides information and encouragement to women on breastfeeding. It explains the benefits for baby, mom and society, and also provides frequently asked questions and answers about breastfeeding. Also available: *Your Guide to Breastfeeding for African American Women*

Language: English

AN EASY GUIDE TO BREASTFEEDING can be ordered or downloaded online at our website.

Available in: Spanish, Chinese and for American Indian & Native American Families.

TEEN SURVIVAL GUIDE: HEALTH TIPS FOR ON-THE-GO GIRLS inspires healthy behaviors in girls ages 10-16. Some of the topics include puberty, exercise, self-esteem, and healthy relationships.

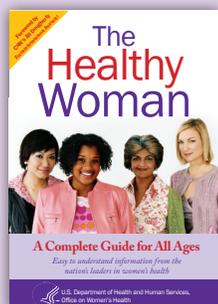
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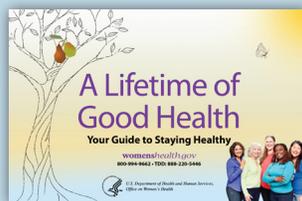
THE HEALTHY WOMAN: A COMPLETE GUIDE

FOR ALL AGES provides the information women need to take charge of their health. Some of the topics include diabetes, autoimmune disease, mental health, and pregnancy. Order your copy today from the GPO Bookstore (<http://bookstore.gpo.gov>) or purchase from your local bookstore.

Language: English



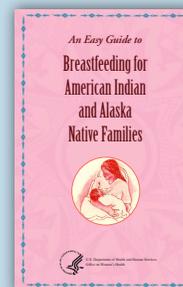
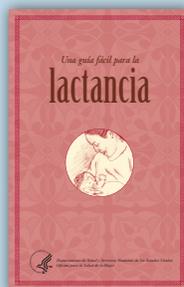
**The Healthy Woman:
A Complete Guide for
All Ages**



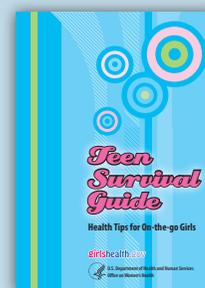
A Lifetime of Good Health: Your Guide to Staying Healthy



Your Guide to Breastfeeding



An Easy Guide to Breastfeeding



Teen Survival Guide: Health Tips for On-the-go Girls