

Where to Focus to Feel Your Best!



SELF-CARE

Get enough sleep. Find your stress reliever.
Take breaks and be your own best friend.



NUTRITIONAL

Drinking water, eating fruits and vegetables with
balanced meals can help you stay healthy.



SPIRITUAL

Spirituality is a state of mind. It's a way to find meaning,
hope, comfort, and inner peace in your life.



PHYSICAL

Walking 4 times per week for 15 minutes can increase
your lifespan, ease depression and much more.



MENTAL

Never underestimate the power of positive thinking.
Your outlook can influence how you feel.



SEXUAL

You have the right to decide what you do with your body.
This includes family planning, contraceptives, and education.



FINANCIAL

Take control of your money by making a plan
and keeping track of your spending.




OCCUPATIONAL

Strive for a work/life balance that promotes healthy
satisfaction and is financially rewarding.

Did You Know?

- Out of 100 Butler County Women surveyed, 53% reported not having access to affordable child care.
- Out of 100 Butler County women surveyed, 30% reported cost/money as the main barrier when accessing health care services.
- Out of 100 Butler County women surveyed, 67% of them are unfamiliar with the term preconception health.

Health Resources to Be a Healthy Woman



At the Whole Women Project, we are a team of partners dedicated to offering educational resources, tools, and guidance for women's health needs so they can be the best version of themselves.

Grab Your Resources Below

Start Your Better Health Journey Today

health.bcoho.us/our_services/preconception_health.php