



Winnebago County

Health Department

NEWS RELEASE

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FOR IMMEDIATE RELEASE

Take Care of Your Health This May

Early Detection Prevents More Serious Health Conditions

WINNEBAGO COUNTY – The Winnebago County Health Department (WCHD) is encouraging women to take charge of their health this May. Women are not immune to heart disease, lung disease, and cancer. Women experience unique healthcare needs and challenges accessing the healthcare system.

Your health can impact your goals and your future. Addressing health issues early can help prevent more serious health conditions. Make health screening and prevention part of your plan.

Connect To WCHD For Assistance With Women's Health Needs:

- Assistance with screening for breast and cervical cancer
- Screenings for and assistance with heart healthy lifestyles
- Family Planning
- Fertility Concerns
- Birth Control and Period Concerns
- Pregnancy Testing & Support
- STD/STI Testing & Treatment
- Harm reduction services
- Smoking cessation



Call 815-720-4000 and press 6 to be connected with the Winnebago County Health Department Clinic registration staff or for additional information, visit: publichealth.wincoil.gov/myplan

Mental health impacts your overall health and well-being too. Take time to care for yourself by reducing stress and seeking support from friends and family. While you may be a “Superwoman”, know that everyone needs help sometimes and know when to seek more help. If you or someone you know is struggling or in crisis, call or text 988.

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