

CVMG

HEALTHY LIVING PROGRAM

Focused on You and Your Family



Focus on Women's Health

The outset of the new year presents an opportunity to take stock of our mental and physical health. For women, this month traditionally spotlights the importance of preventative screenings that look for diseases before symptoms are present.

Some conditions often show no warning signs. This is what makes preventive health screenings very effective at providing insights about early disease risk so you can take proactive steps with your doctor to prevent chronic illnesses.

In this webinar we will:

- Discuss what preventative screenings are important for a woman and why.
- Talk about how women can improve their physical and mental health.
- Touch on women's sexual health.
- Address common barriers to healthy living for a woman such as time constraints, juggling many responsibilities (work, life, kids) and how to work through them to reach health goals.
- Learn what risky habits women should avoid.
- List a few actionable tips women can use to start implementing healthy living.

The Healthy Living Program webinars are one of many ways CVMG is dedicated to patient care. Visit the [Health and Wellness Resource Center](#) to learn more.

MISSED A WEBINAR?

Visit the [video resource library on our Healthy Living Program page](#).

Wednesday,
January 12th

7:00 P.M. PT

This is a free event.

Join us for one or all! Register for access to the monthly series. The Zoom link and reminder emails will be sent a few times each month.

[CLICK TO REGISTER](#)



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