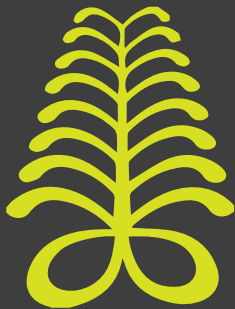


Move...



Jog, jump, run, dance, practice self defense moves, stretch, rake, clean, pamper, have sex (safer please), yoga, tai-chi, ride a bike...simply put your body in motion.



Physical Activity

30 Minutes a day lowers your risk for breast and cervical cancer, with an added bonus of reducing weight, obesity and heart disease.

Black Women for Wellness
www.bwwla.org 323-290-5955



Committed to the empowerment, health and well-being of Black women and girls