

A healthier you ... with Ladies First!

FREE:

- Mammograms, Pap tests, and screenings for cholesterol and blood pressure
- Personalized nutrition plan
- Help with healthy eating and weight loss
- Help to quit smoking!

Call Kate to join:
1-800-508-2222

For Deaf and Hard of Hearing individuals, please use Vermont Relay Service 711 and give our number: 1-800-508-2222.

Foreign language and other formats available.

Take one!

**Ladies
First**



**VERMONT DEPARTMENT
OF HEALTH**

**1-800-508-2222
www.LadiesFirstVt.org**