

Women's Health Week—Free Walking Packets

The Nebraska Department of Health and Human Services Office of Women's and Men's Health, the Women's Health Advisory Council and the *Walking Works* Program of Blue Cross Blue Shield of Nebraska are collaborating on a project to encourage women and their families to walk.

In observance of Women's Health Week (May 11-17), a free Mother's Day gift packet is available from the Office of Women's Health. The packet includes a Mother's Day card that encourages walking, a pedometer (for the first 250 persons), a bookmark, a walking log, and a health tracker wallet card. Information will also be enclosed on a program from the U.S. Office on Women's Health called the *WOMAN Challenge* that provides six "virtual" routes in the United States to track walking progress for individuals or teams.

Gift packets may be ordered individually or in bulk quantities, but the number of pedometers sent to each organization are limited to a count of 25. If you order in a bulk quantity, please give a one or two-sentence description of how you plan to distribute them in your community. To order, please send an e-mail with name, address (including zip code), and quantity desired to officeofwomenshealth@dhhs.ne.gov or call 877-257-0073. Deadline for orders is April 30th.

In June, a similar packet will be available for Men's Health Week. Information on ordering Father's Day packets will be available in late April.

For more information on the Office of Women's and Men's Health, visit www.dhhs.ne.gov/womenshealth