



Women's health

Reflection guide

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Overview

- Explore the leading causes of death in women
- Examine heart attacks and strokes including causes, symptoms and risk factors
- Identify the steps to a healthier you
- Discuss cancer prevention and myths
- Determine the impact of osteoporosis and how to prevent it
- Define the behaviours to avoid and what screenings to get
- Explore menopause

Key takeaways



Main points:



Learning insights:



What areas do I need to improve on?



My action plan: