



# Heart and *Soul*

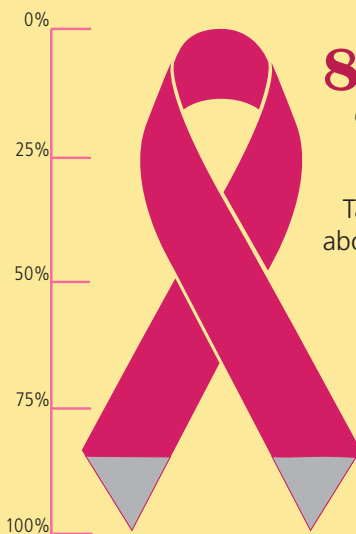
Make smart, simple lifestyle choices for your body and mind.



Women are **12 times** more likely to feel happy when they spend time with *family and friends.*



**200-500 mg** of omega-3 fatty acids can provide great health benefits for your *mind and body.*



**85%** of breast cancers occur in women with *no family history.*

Talk to your doctor about a mammogram.



A **30-minute walk** in nature can increase your *energy level, reduce depression and boost your well-being.*



Only **48.6%** of women meet federal *physical activity recommendations.* So get out and get moving!



South Carolina