

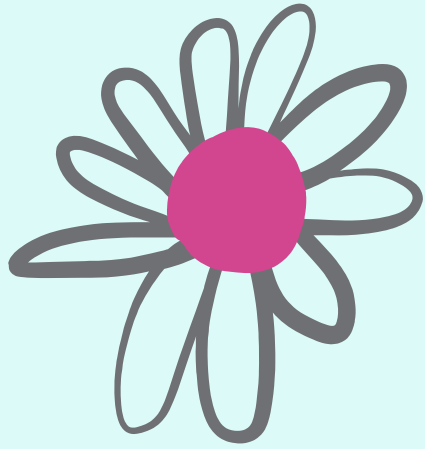


YOUR WELLNESS CHECKLIST

GOT CHECKED?

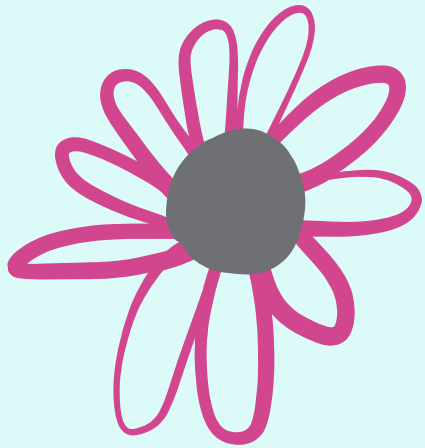


www.gayawellness.org



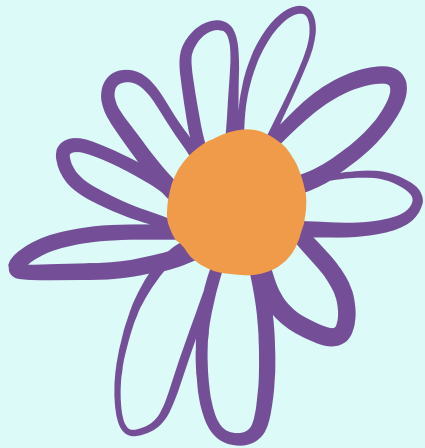
PUBERTY

- HPV Vaccine
- Aunt Flo
- Birds And Bees
- Bullying



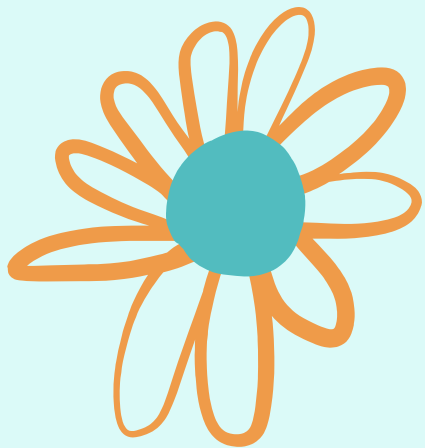
IN YOUR 20'S

- Pap Smear Every 3 Years*
- Self Breast Awareness
- Contraception
- STI Screening



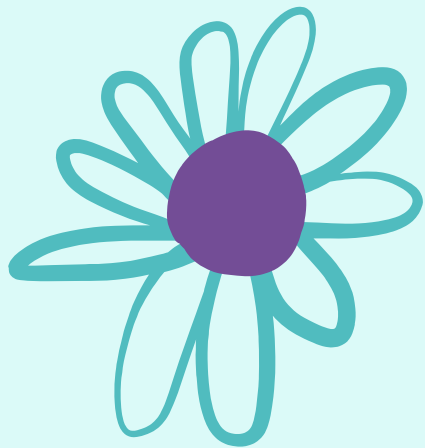
IN YOUR 30'S

- Pap Smear + HPV Every 5 yrs*
- Reproductive health



IN YOUR 40'S

- Mammograms every 1-2 yrs*
- Colon Cancer Screening @45
- Heart Health



50'S AND BEYOND

- Hormonal Balance
- Vitamin D+ Calcium
- Sexual Health (Second Coming)

** For Low Risk Women and Normal Results only