



Empower HER & All Genders Through Knowledge

As we embrace the spirit of empowerment and awareness, we're excited to share valuable insights, tips, and resources to help you prioritize your well-being.

Schedule Annual Visits:

Schedule annual visits with your provider for screenings, vaccinations, and to discuss health care concerns.



Nurturing Your Mind and Body:

Mental health and physical wellness are interconnected. Discover the art of balancing daily demands with self-care routines that leave you feeling rejuvenated.

Fueling Your Vitality:

Explore the benefits of nutrient-rich food choices that support hormonal balance, boost energy levels, and promote glowing skin.



Celebrate Your Body's Strength and Capabilities:

Discover exercises that redefine fitness by focusing on how it makes you feel, rather than just how it makes you look.

For comprehensive and specialized care click [here](#) to schedule with our nurse practitioners.

Did You Know?

Events



Lunch & Learn:
Oct. 3rd 2023



Health Fair
Oct. 18th 2023



Mobile Mammo
Nov. 13th 2023



Get your flu shot anytime at MWC. Click [here](#) and book a convenient 15-minute appointment today!

Genetic Risk:

Approximately 5-10% of breast cancers are hereditary, often linked to mutations in the BRCA1 and BRCA2 genes. Women with a family history of these mutations may have a higher risk of developing breast cancer.

Age of Onset:

Perimenopause typically begins in a woman's 40s, but it can start in her 30s or even earlier. On average, perimenopause lasts about four years.

Stress and Hormonal Changes:

Chronic stress and mental health issues can disrupt hormones, causing irregular cycles, ovulatory problems, and fertility issues. Stress can also worsen conditions like PCOS and amenorrhea.

Breast Cancer:

Breast cancer is one of the most common cancers among women. Regular mammograms and breast self-exams are essential for early detection and treatment.

Cardiovascular Health:

Heart disease is the leading cause of death for women in the United States.

A Focused Look

Disparities in women's health are significant and multifaceted, resulting from a combination of social, economic, and healthcare-related factors.

Access to Healthcare:

Transgender individuals may face challenges in accessing screenings, due to discrimination by healthcare providers and a lack of culturally competent care.

Osteoporosis:

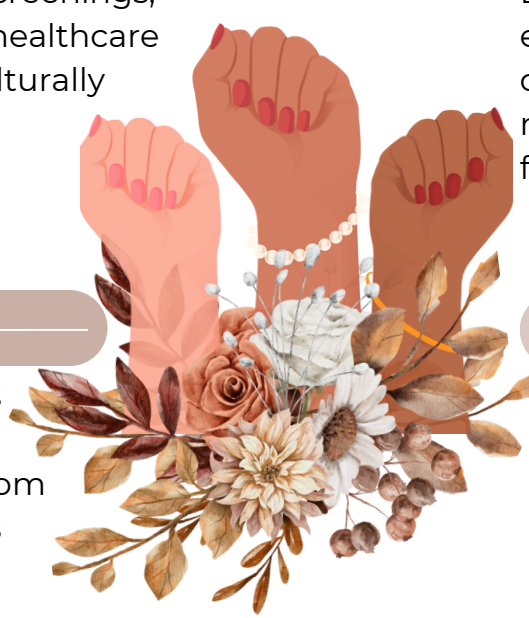
Women, especially women of East Asian heritage, are at an elevated risk of osteoporosis due to lower bone density. This may result in an elevated fracture risk as they age.

Breast Cancer:

U.S. Black and Indigenous women are three to four times more likely to die from pregnancy-related causes than non-women of color.

Menopause:

Menopause impacts women by marking the end of their reproductive years and introducing various hormonal and physical changes, including symptoms like hot flashes, mood swings, and potential long-term health impacts.



At MWC, we comprehend these challenges and provide a safe space where individuals of all genders can collaborate to address these disparities, fostering health equity for all women.

A Word From Our HSS Affiliate

Marathon Recovery

Tackling your first marathon can be intimidating, but a little planning goes a long way. Learn about how preparation, rest, and recovery can help marathon runners prevent injuries.

Click [here](#) to learn more.

Rehab Corner

The Calf Stretch Against the Wall

Whether you're an athlete looking to improve your performance or someone seeking relief from everyday leg tightness, we've got you covered with tips, techniques, and benefits of this simple yet effective stretch.

Click [here](#) for video.

