



*Leading care for a healthy community.*

## Women's Moments in Life – Resource Directory for Well Women Care



Adirondack Health, in collaboration with local organizations, is proud to offer women of our beautiful communities an easy-to-use reference guide for the moments in life – great or small - that affect health and wellness. We are talking about Well Women Care. Taking care of our amazing minds and bodies is a lifelong journey. We are here to make it easier for you. Take pride. Take care of what you have. ***One moment can make a drastic difference.***

Visit Women's Health Navigator – [Get on the Path to Being a Well Woman](#) for more information.