

The Women's Health Coalition advocates for:

- ◇ Improving availability and awareness of healthy lifestyle choices
- ◇ Facilitation of health screening in collaboration with community partners
- ◇ Promoting exercise as a prevention and management tool against chronic diseases such as obesity, diabetes, high blood pressure, heart disease and many cancers.

Coos County Women's Health Coalition

Meetings are held
the third Wednesday
of each month at noon.

Come join us at the
Bay Area Hospital Community
Health & Education Center

**For more information
contact any supporting agency
or**

Zonta Club of the Coos Bay Area

P.O. Box 245
North Bend, OR 97459

Email:
womenshealthcoalition@gmail.com
Also see our Facebook page.

May 2016



Promoting a
Healthy Active
Lifestyle for
the Women of
Coos County

History of the Women's Health Coalition

The Women's Health Coalition was formed in the early 1990s from a networking of community organizations with a common concern for women's health and a belief that healthy, empowered women are the key to a healthy community.

The Zonta Club of the Coos Bay Area played a key role in the Coalition's formation with its goal to impact breast cancer awareness and create breast cancer screening opportunities for women who lack adequate medical care resources.

In recent years the Coalition's programs have included such topics as menopause, osteoporosis, teen health, pregnancy prevention, female incontinence, and heart disease. Our current focus is to promote a healthy **active** lifestyle for women.

Mission Statement

To promote women's health by providing information, teaching skills, fostering a health-oriented attitude, and facilitating screenings and follow up opportunities.



Current Projects

- ◇ Building a Healthy Walking Habit
- ◇ Participation in local health fairs

Women's Health Coalition Supporting Agencies

Bay Area Hospital

Coos Health & Wellness

Coos County Friends of Public Health

North Bend Medical Center

South Coast Striders

Southwestern Oregon Community College

Waterfall Community Health Center

Women's Safety & Resource Center

The Zonta Club of the Coos Bay Area