

PARISH HEALTH MINISTRY

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Safety Tips for Women:

(1) Tip from Tae Kwon Do – the elbow is the strongest point on your body. If you are close enough to use it, do! (2) If a robber asks for your wallet/purse, DO NOT HAND IT TO HIM. Toss it away from you and run like mad in the other direction. (3) If you are ever thrown into the trunk of a car, kick out the back tail lights and stick your arm out the hole and wave like crazy. This has saved lives. (4) Women have a tendency to get into their cars after shopping, eating, working and just sit (doing their checkbook or making a list). DON'T DO THIS! This is a perfect opportunity for a predator to get in your car from the passenger side and tell you where to go. AS SOON AS YOU GET INTO YOUR CAR, LOCK THE DOORS & LEAVE. (5) When getting into your car in a parking lot or parking garage, be aware – look around you, look into your car at the passenger side floor and in the back seat. If you are parked next to a big van, enter your car from the passenger door. Look at the car parked on the driver's side of your vehicle. If a male is sitting alone in the seat nearest your car, you may want to walk back to the mall or work and get a guard to walk you back out. It is always better to be safe than sorry! (6) ALWAYS take the elevator instead of the stairs especially true at night! (7) If a predator has a gun and you are NOT under his control, ALWAYS RUN! The predator will only hit you 4 in 100 times and most likely not in a vital organ. RUN in a zigzag pattern! (8) As women, we are always trying to be sympathetic, STOP! Don't help strange men into their car or with their car, as you might be the victim!

Facts About Women and Cardiovascular Disease:

- * Cardiovascular disease (CVD) ranks first among all disease categories in hospital discharges for women.
- * Nearly 40 per cent of all female deaths in America occur from CVD, which includes coronary heart disease and stroke.
- * Stroke is a leading cause of serious, long-term disability; an estimated 15-30 percent of stroke survivors are permanently disabled.
- * Regular physical activity and a healthy weight reduce the risk of non-insulin-dependent diabetes, also called type 2 diabetes, which is a stronger contributing risk factor for heart disease in women than in men.

Join us on February 4, 1:00 pm for a “Healthy Heart Seminar” at Salem!