

# National Womens Health Week

May 10-16, 2020

## Taking Care of Us During COVID-19

Get plenty of sleep. Try to stick to your usual routine as much as possible by waking up and going to bed at the same time.

#NWHW

#FindYourHealth

#DistanceToGetClose

#WellnessWarriors

[caih.jhu.edu](http://caih.jhu.edu)



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