

Its About That Time

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| 1. 20's | A. 30's |
| 2. Hypertension Develops | B. 50's |
| 3. Schedule your first mammogram | C. 40's |
| 4. Get screened for colon cancer | D. Annual physicals |
| 5. Check your blood pressure | E. 50's |
| 6. Schedule a bone density test | F. 20's |
| 7. annual pap smears | G. 60's |
| 8. Begin taking calcium | H. 20's |
| 9. Get a Type 2 diabetes screening | I. 40's |
| 10. Develop Healthy Habits, Quit Smoking & Drinking | J. 60's |
| 11. Know Heart Health # | K. 40's |
| 12. Metabolism Slows | L. 30's |