

About Women's Health Source

The dawn of a new millennium finds most women healthier than ever before. Modern medicine has given us potent weapons to fight infectious diseases, heart disease, cancer and has greatly reduced the risks women face in childbirth. However, the challenges we face in today's world remain tremendous. As exciting and fulfilling as life has become, it can also be more exhausting and overwhelming. Never have there been so many resources available to keep us healthy. But finding the information and putting it to work for ourselves and our families is a time-consuming and often daunting task.

That's why we have developed the Women's Health Source, dedicated to improving the quality of life for all women in our community through prevention and wellness programs, educational resources, health education seminars and health screenings.

Services and Programs

More than 400 people attended the Women's Health Source Programs in 2009, with an average of 25 to 30 attendees per workshop.

Prevention and Education Programs

Our commitment to helping women lead healthier lives has been the driving force in creating an array of programs to educate women on important health topics and to prevent health problems. Women's Health Source offers educational seminars and health screenings designed to be responsive to the needs and interests of the women in our communities.

Health Education Seminars

Educational programs are scheduled throughout the year to address a variety of topics important to women and families, such as menopause, stress management, parenting and nutrition management.

Health Screenings

Women's Health Source will make information available about upcoming screenings for early detection of diabetes, breast cancer, skin cancer and many other health risks. <http://www.jeffersonhospital.org/departments-and-services/womens-health-source.aspx>

