

The Dental Health Insider

Dental Health Services offering you valuable health information from 35 years experience delivering dental benefit solutions....



WOMAN Challenge

Women and girls **Out Moving Across the Nation**

FOR IMMEDIATE RELEASE: April 24, 2008 Contact: Karen Brown, WomensWellnessDrawing@dentalhealthservices.com

Dental Health Services

CELEBRATES NATIONAL WOMEN'S HEALTH WEEK
and PROMOTES THE 5th ANNUAL WOMAN CHALLENGE



Seattle, WA and Long Beach, CA - Dental Health Services is joining the U.S. Department of Health and Human Services' Office on Women's Health in celebrating National Women's Health Week and promoting the 2008 WOMAN Challenge. Now through the first day of Women's Health Week starting Sunday, May 11th (Mother's Day) Dental Health Services will accept calls and emails from you asking about what we can do for you! Your calls and emails will entitle you to a *free SmileSmart Wellness Newsletter* and exclusive *ToothTips Health Cards*. Contacting us will allow you an entry into our grand-prize *Women's Wellness Drawing* held on Monday, May 12. The lucky winner will receive a brand new *Nordic Track CX 985 Elliptical* — a value of \$950!



National Women's Health Week is a nationwide initiative that calls attention to the importance of women's health. During the week, families, health organizations, businesses, communities, the government and individuals come together to raise awareness about women's health issues and educate women about simple steps they can take for a longer, healthier and happier life. The WOMAN Challenge is a free eight week physical activity challenge, encouraging women and girls to set and achieve personal physical activity goals, appropriate for their lifestyles.



"Our philosophy at Dental Health Services has always been to take initiative in putting forth the extra effort to take care of our members. What some people may call "going above and beyond," we call *doing our job*. When you let us take care of your dental benefits needs, you can feel confident about the unmatched service and care you will receive." commented Dr. Godfrey Pernel, Founder and Chairman of The Board.



The WOMAN Challenge and National Women's Health Week both begin on Mother's Day, May 11, 2008. For more information about the WOMAN Challenge and National Women's Health Week, please visit www.womenshealth.gov/woman. To learn more about *SmileSmart News* and enter for a chance to win *The Women's Wellness Drawing* please email: womenswellnessdrawing@dentalhealthservices.com.

A Great Reason to Smilesm

Make an investment in your overall health now and for your future—you and your loved ones are worth it!

Call 800.637.6453 or email

womenswellnessdrawing@dentalhealthservices.com today!



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