



## Mission Statement

“Each year, millions of women suffer needlessly from preventable disease. Together, we can change this. We can live years longer and enjoy life even more if we take small steps every day toward health.

And it all starts with you. By making your own health a priority, you become a strong link in the chain and have the power to affect those around you. So share your strength with a woman in your life. Encourage her. Pass along something you’ve learned or share a success you’ve had. Help her become healthier and gain confidence. She’ll feel better and live better, which will positively affect everyone around her. And then, she can share her strength...

**Together, we will make this world  
one million women stronger.”**

