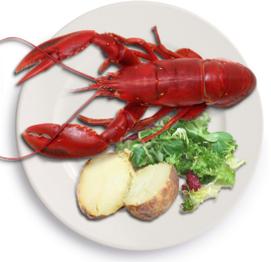
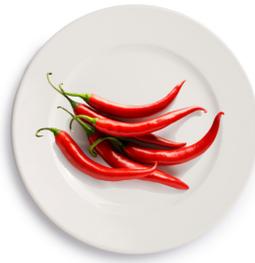




celebrate *our* differences



“TELL ME WHAT YOU EAT AND I’LL TELL YOU WHO YOU ARE” proclaims a famous French lawyer, magistrate, and politician also known for his book, *The Physiology of Taste*. What makes you who you are? Maybe it’s Grandma’s secret recipe or a favorite dish discovered on a recent trip. It could be as simple as your hometown’s signature fare, or as exotic as the spices embraced by your culture. We live in a diverse world, a diverse country, a diverse community, and a diverse family. Just as food helps us “celebrate our differences”, it also gathers us around the same table to share new tastes, explore diverse ideas, and connect with each other.



- Know who you are, understand your risks, and incorporate small changes into your everyday life
- Discover the joy of your culture through the health benefits of dance such as salsa, African dance, a polka or belly dancing
- Get creative and find healthy alternatives for the ingredients in your recipes
- Explore the world or your community through healthy, new foods to add to your plate
- Invite your friends to your table and share who you are through the foods that you serve



Make a choice for better health. Visit spiritofwomen.com.

Your health, much like your recipes, is all about ingredients, measurement, directions, and your individual taste. Diversity does not need to be a barrier when it comes to your health. Your Spirit of Women hospital, doctors, and nurses serve you based on your unique needs and preferences.

What is on your plate?



DISCUSS THESE DIFFERENCES WITH YOUR DOCTOR AND TOGETHER CREATE YOUR RECIPE FOR BETTER HEALTH:

- Personal and family health history and concerns
- Risks associated with your age, gender, and ethnic background
- Recommended screenings based on your health profile
- Disease and conditions prevalent in your community
- Lifestyle choices that can affect your health
- Cultural beliefs and requirements
- Language and learning preferences