



FOR IMMEDIATE RELEASE

Contact:
Sarah Peterson
651.646.8233
sarah@megaphonepr.com

Honor Mom by Making Her Health a Priority

Clinic Sofia shares tips to help ensure mothers and put themselves first.

MINNEAPOLIS (May 8, 2017) — This Mother's Day, one of the best gifts you can give your mom is to be a champion for her health. Clinic Sofia, a leading OBGYN clinic in the Twin Cities, encourages mothers and all women to put themselves first and shares tips for ways others can support them.

"Too many mothers are so busy taking care of others that they put their own physical and mental health on the backburner," said Dr. Donna Block, MD and founder of Clinic Sofia. "Women are the centers of influence in their families, workplaces and communities. When they are in good health, their circles of influence will be healthier and happier, too. A healthy mother will be an even better partner, parent, friend and caregiver."

With [National Women's Health Week](#) kicking off on Mother's Day, it is the perfect time to remind our mothers to do something for themselves and pay attention to their own health.

Dr. Block offers tips to **help mom make her health a priority**:

- 1) **Start the conversation.** Open up a discussion with your mom about her health. Ask her when her last doctor's appointment was, does she have any health concerns, how is she taking care of herself?
- 2) **Show you care.** Often the biggest motivator toward improving one's health is taking stock of how your health may impact others. Tell your mom how important she is in your life and you want her to be as healthy and happy as can be.
- 3) **Offer support.** All women should see a doctor once a year for an annual check-up. Help mom keep her doctor's appointments by going with her or scheduling a fun outing to coincide with doctor visits. Check in with her following appointments to discuss any concerns or next steps.



- 4) **Partner together.** Get active together by starting an exercise routine (e.g., walking, yoga, paddle boarding) or take steps to eat healthier (e.g., nutrition class, weekly trips to the Farmer's Market).
- 5) **Visit www.womenshealth.gov** for a number of resources and steps for better health by age.

About Clinic Sofia

Clinic Sofia, a leading OB-GYN clinic with locations in Edina and Maple Grove, was founded in 2004 and is known for its personalized approach to healthcare that centers around giving women the tools, guidance and resources to help them stay healthy and happy. Today, Clinic Sofia serves thousands of women throughout the metro and is consistently ranked as one of the top OBGYN clinics in the area. For more information, please visit www.clinicsofia.com

#