

# Woman's Day

## YOUR WEEK



### Monday

Celebrate National Pancake Day by buying Green's Pancake Shake mix during February, when 10 cents will go to helping young Aussies in need. Call 1800 060 543.

### Tuesday

It's easy to become pre-occupied with how you look, but this new book by Tricia Brennan *Looking Beyond The Mirror* (New Holland Publishers, \$24.95) reminds us feeling good's a much more satisfying goal.



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### Wednesday

Try to find some time to daydream today. Even if it's only for a few moments, it'll calm you, improve your productivity and boost your creativity.



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### Thursday

It's World Health Day, and this year's focus is on making every mother and child count. Each year more than half a million women and 11 million kids die as a result of poor health care facilities. Visit [www.paho.org](http://www.paho.org)



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### Friday

Today's a great day to... Swap hubby's morning cup of coffee with green tea. New studies suggest the antioxidants found in green tea can help prevent the development of prostate cancer, halting the spread of cancer cells.

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### Saturday

Today's the start of National Youth Week - Australia's largest celebration of young people. Until April 17 there are lots of fun activities such as dance parties, sports and contests. To find out what's happening in your area visit [youthweek.com](http://youthweek.com)



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### Sunday

Did you floss your pearly whites this morning? Just a few minutes a day spent flossing in front of a mirror can not only help prevent gum disease and tooth decay, it can also fight bad breath.

