



5 Ways to uplift women

Studies have shown that when women are empowered and engaged, society benefits. In honour of Women's Month, here are a few ways in which you can contribute to uplifting women, whether it's in your family, your community or your society.



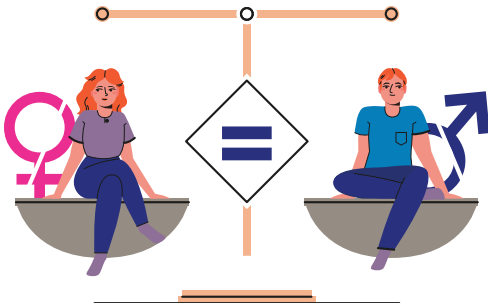
Support the education of girls

Research indicates that girls who remain in school and enjoy quality education are more likely to take care of their health, and later manage their family's health better, with the background of a good education. They also have a better chance of earning a good wage and being active in their communities.



Teach women and girls to value themselves

Women need to understand their value from a young age. They need to be appreciated and assisted when they need help. It's also important to appreciate them and offer help when they need it. Teach young girls in your life how to accept compliments gracefully.



Lobby for gender equality

Men and women who do the same job should receive equal pay. If you see unfair treatment around remuneration, in meetings or otherwise, speak up. The more this is highlighted, the better the chances of change happening.

Be a good example

Model good behaviour when it comes to your own health and body image, because this will have an impact on how they see their body and the need to take care of it. Highlight what makes the female body unique, celebrate different types of beauty, and voice your appreciation of positive values, such as kindness, loyalty, strength and friendship.



Support women-run businesses

You can invest in, donate to or do your shopping with businesses owned by women, or where women hold the majority or all of the leadership positions.



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