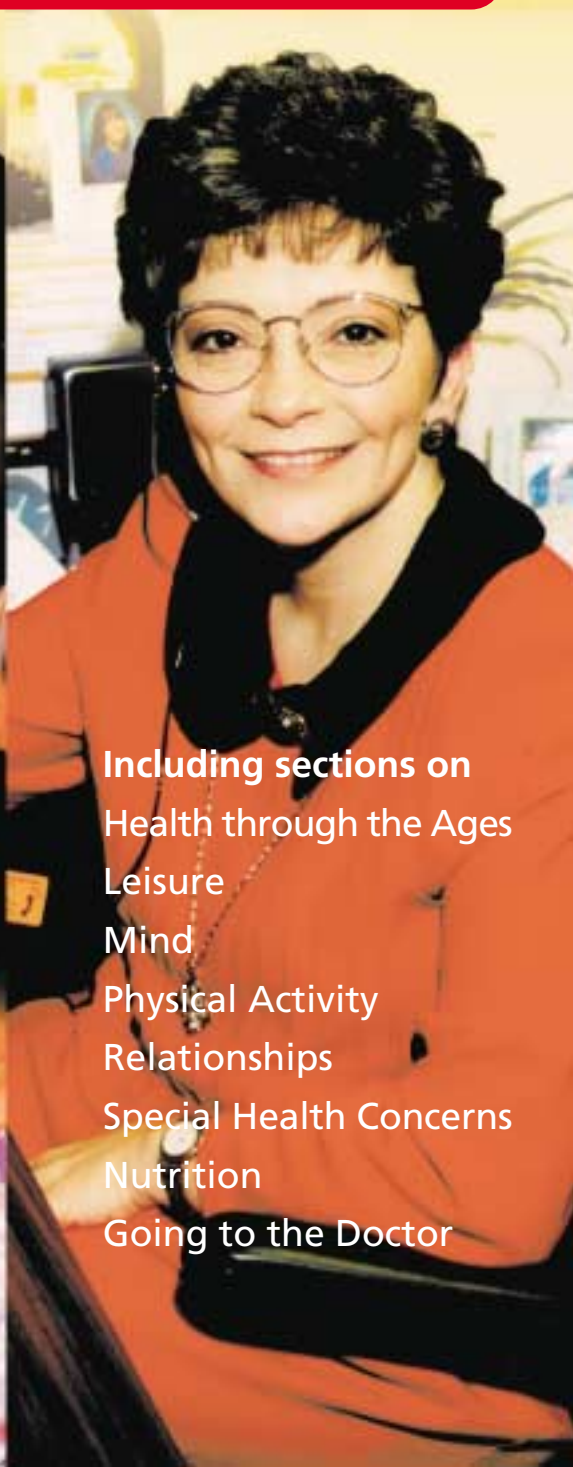


SPECIAL EDITION

Orchid

Health and Wellness for Women with Disabilities



Including sections on
Health through the Ages
Leisure
Mind
Physical Activity
Relationships
Special Health Concerns
Nutrition
Going to the Doctor



A cluster of small, vibrant pink orchid flowers with yellow centers, positioned at the top left of the page, partially overlapping the letter 'O' of the title.

Orchid

*Health and Wellness for
Women with Disabilities*

When we were choosing a name for this magazine, *Orchid* made the short list. Orchids take amazingly different shapes, forms, and growth habits. Some produce blossoms no larger than a mosquito while others are as large as a dinner plate. A handful of species bloom year round, and orchids come in all colors of the rainbow.

A common misconception is that orchids are fragile and difficult to grow. Actually, most species are quite resilient and many can grow in your own living room.

Orchids are among the oldest plants on earth and are found all over the world. There are 35,000 species of orchids, making up the largest plant family in nature.

This beautiful and resilient flowering plant has many characteristics that resemble the strength and diversity of women with disabilities. Is it any wonder that *Orchid* seemed a perfect name for a magazine that offers a brand new look at women with disabilities?





Orchid

Health and Wellness for Women with Disabilities

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From the EditorDear *Orchid* Readers,

We've created *Orchid* to encourage all women with disabilities to be as healthy as possible. Some individuals with disabilities assume that they are unhealthy because of their disability—not true!

Being healthy means a lot more than not having an illness or disability. If you eat well, go to the doctor for regular check-ups, handle stress well, get some kind of exercise, take time to relax, and spend time with family and friends, you are healthy.

Your health can affect many things—from your emotions to your relationships. Think of your health as part of the way you live your life. Living a healthy lifestyle means that you make choices to improve your physical, social and emotional health.

And of course, choosing a healthy lifestyle has many benefits. A healthy lifestyle can help prevent some medical problems that you might have because of a disability. It can make it easier to do your daily activities because you have increased strength or energy, or you may feel happier and better able to handle your problems. The list of benefits is endless and can be different for everyone.

You'll see in *Orchid* that our view of health focuses not on removing illness or disability, but on wellness. With a wellness focus, you can approach your health in a positive way that is proactive and prevents problems from happening instead of reacting to problems after they occur.

In addition to wellness, we also discuss relationships, gardening and yes, even travel. If we've merely whetted your appetite on a particular topic, *Orchid* also offers an abundance of resource listings.

Orchid was put together with the care and collaborative efforts of the NC Office on Disability and Health, the NC Office of Women's Health, the NC Task Force on Health and Women with Disabilities, and the many women with disabilities who offered their time, creativity, and personal perspectives on living well with a disability.

We hope you enjoy our magazine,

Pam Dickens, editor



A note about the magazine's design. We chose to use a small drawing of one variety of the orchid flower to indicate the end of stories.