



Speaking of Women's Health



FOR IMMEDIATE RELEASE

**Wal-mart and Speaking of Women's Health
Encourage Women to Take a Pledge for Better Health**

*Community Events to Offer Free Health and Wellness Information and Education;
Estimated 4.8 Million Copies of Health & Wellness Book to be Given Away*

BENTONVILLE, Ark., Sept. 19, 2005 – Thousands of women all across America are learning that improving their health lies not in the big changes, but in the small ones. To help encourage women to TAKE A PLEDGE FOR BETTER HEALTH, the National Speaking of Women's Health Foundation and its national sponsors will host FREE community events at Wal-Mart locations nationwide on October 15 from 10 a.m. to 5 p.m. From eating one extra fruit or vegetable each day to learning the warning signs of a heart attack in women, simple pledges are helping women make better informed choices to improve their health.

"There's an old Chinese proverb that says the journey of a thousand miles begins with a single step," said Florence Henderson, national honorary chair for Speaking of Women's Health, a national, nonprofit organization dedicated to educating women to make informed decisions about their health, well-being, and personal safety. "If a woman can make simple pledges to change the small things, she's well on her way to leading a fuller, healthier life."

Shoppers who take part in the day's activities will receive a copy of *SIMPLE PLEDGES: Building Blocks for Healthy Living*, a 10-chapter book packed with useful tips, healthy recipes, and examples of simple pledges people of all ages can make. The National Speaking of Women's Health Foundation estimates that 4.8 million copies of the book, available in Spanish and English, will be given away during the one-day event (while supplies last). In addition, consumer can invite friends and family to take control of their personal health and well-being and invite them to join the October 15 event by creating a FREE eCard, compliments of American Greetings at www.speakingofwomenshealth.com.

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**Wal-Mart/Simple Pledges
Add one**

“*SIMPLE PLEDGES* is full of sound information that can help every woman take charge of her own health and well-being,” said Dianne Dunkelman, president and founder of Speaking of Women’s Health. “I encourage women to TAKE THE PLEDGE FOR BETTER HEALTH and use this book as an informative health resource, a springboard to discussions with their doctors, and a source of inspiration to make simple lifestyle changes for a healthier, happier life.”

In addition to the book giveaway, select Wal-Mart stores also will host various health and wellness information stations and screenings where shoppers will be able to pick up health literature and product samples from many national sponsors of Speaking of Women’s Health.

“Wal-Mart is committed to continually offering information that educates women about the importance of making informed decisions about their health and well-being,” said Ronnie Hoyt, Senior Vice President and General Merchandising Manager of Wal-Mart Stores, Inc. “We are very proud to be a part of the Speaking of Women’s Health initiative and to be able to offer our shoppers and our associates the opportunity to partake in this free community event.”

Speaking of Women’s Health is sponsored nationally by Wal-Mart, P&G, Lifetime Television, American Greetings, Ensure, Kellogg’s, Pfizer, Hanes, Stouffer’s Lean Cuisine, Schick Intuition, L’Oreal Paris, Maybelline New York and Garnier, and Cadbury Schwappe’s Americas Beverages. For more information on the National Speaking of Women’s Health Foundation or to learn more about the national TAKE A PLEDGE FOR BETTER HEALTH campaign, go to any Wal-Mart store on October 15 or visit www.speakingofwomenshealth.com.

About The National Speaking of Women’s Health Foundation

The National Speaking of Women’s Health Foundation is a nonprofit organization dedicated to “educating women to make informed decisions about their health, well-being, and personal safety.” Speaking of Women’s Health is supported on a national level by corporations and foundations including Wal-Mart, P&G, Lifetime Television, American Greetings, Ensure, Kellogg’s, Pfizer, Hanes, Stouffer’s Lean Cuisine, Schick Intuition, L’Oreal Paris, Maybelline New York and Garnier, and Cadbury Schwappe’s Americas Beverages.

About Wal-Mart Stores, Inc.

Wal-Mart Stores, Inc. operates Wal-Mart Stores, Supercenters, Neighborhood Markets, and SAM'S CLUB locations in the United States. Internationally, the company operates in Argentina, Brazil, Canada, China, Germany, Japan, Mexico, Puerto Rico, South Korea, and the United Kingdom. The company's securities are listed on the New York and Pacific stock exchanges under the symbol WMT. More information about Wal-Mart can be found by visiting www.walmartfacts.com. Online merchandise sales are available at www.walmart.com.

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