

**OLDER WOMEN'S HEALTH RESOURCE GUIDE:  
LEARNING TO DEMAND AND RECEIVE BETTER CARE**

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## **PREFACE**

*Older Women's Health Resource Guide: Learning to Demand and Receive Better Care* is intended to provide background information on basic healthcare rights in California. Receiving and/or reading this booklet does not make you a client of the California Women's Law Center. It is not intended to be, nor should it be relied upon, as legal advice.

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The California Women's Law Center works to ensure, through systemic change, that life opportunities for women and girls are free from unjust social, economic, and political constraints. CWLC programs are designed to enable individuals to use the law that governs their rights and assist them in addressing the legal issues that perpetuate women's growing poverty. By focusing on Gender Discrimination, Violence Against Women, Women's Health and Reproductive Justice, CWLC dedicates its resources to making the constitutional promise of equality a reality, and to protecting the rights of women and girls every day.

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