

The Ta-Ta Song

By Jane Jenkins Herlong

To the tune of, *If you're Happy and You Know it, Clap Your Hands!*

If you're a healthy woman, clap your hands
If you've had a mammogram, clap your hands
If your breasts you have checked, in the shower when you're wet
Then you're a healthy woman, clap your hands

If you've had your legs in stirrups, stomp your feet
If you've covered with the sheet, stomp your feet
If you promise not to swear
And it's time for your pap smear
On your legs please use some Nair
And wash your feet

Shake your bootie for the colonoscopy
Drink the fluid so the doctors they can see
If there are plops in your tract
Have them out and be relaxed
Shake your bootie for the colonoscopy

Fan your face if you're hot all the time
And you can't sleep, till way after nine
You're afraid to sneeze
The chin hair you must tweeze
Cause You tinkle in your drawers
WHY?
'Cause we know it's Menopause!

Just be a Healthy Woman, clap your hands!

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