How to Play Into Your Biology

Men

June is **Men's Health Awareness Month**. Learn how to play into your biology or how to encourage loved ones to do so by reading this month's resources!

June 2025

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29	30					

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2025 June Resources

Complete this month's mini challenge!

June 2nd

Check-in on your health! Schedule an annual appointment with your primary care physician if you haven't already.

June 3rd

Read this month's Trend Talk on andropause. Share with family members or friends that might find this information useful.

June 4th

Focus on improving work/life balance. Turn off notifications once you're done with work for the day.

June 5th

Spend an evening screen-free with friends or family tonight.

June 6th

Don't forget basic preventive care. Schedule your bi-annual dental cleaning!

Clinical Check-In

Take a minute to watch this month's Clinical Check-In with Dr. Russell Vinik.

Watch Now ▶