How to Play Into Your Biology

Women

October is **Women'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!

October 2025

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2025 October Resources

Complete this month's mini challenge!

October 6th

Check in on your health! Schedule your annual wellness check and/or mammogram if you haven't already.

October 7th

Share How to Play Into Your Biology with a loved one.

October 8th

Turn off your phone after 7 PM and spend a screen-free evening with friends or family.

October 9th

Drink 8 glasses of water today–hydration impacts hormone regulation.

October 10th

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 ▶