

Helping you

CLINICAL • ADVOCACY • RELATIONSHIPS • EMPOWER

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October Spotlight: Women's health

This month, we're highlighting information about women's health. You'll also find other wellness-related resources, links to *Healthy You* articles, mental health tips and healthy recipes.

Check out these articles about women's health from our CARE Health Education Library. To view a Spanish version of any of the articles in the library, select the **ES** icon in the top right corner.

- [Mammogram](#)
- [Mamografía](#)
- [Heart disease and women](#)
- [Cardiopatía y las mujeres](#)

These additional links from other health organizations offer more information about women's health:

- [Menopause](#)
- [Women's health features](#)
- [Cardio vs. strength training: Why women need both](#)
- [How can strength training build healthier bodies as we age?](#)

Healthy recipes

- [Avocado melon breakfast smoothie](#)
- [English muffin veggie pizza](#)
- [Applesauce pancakes](#)
- [White bean bruschetta](#)



Healthy You magazine

Here's what's in the latest issue of *Healthy You*, an award-winning magazine with health and wellness articles that support and encourage your healthy choices.

Guilt-free game day favorites

16 healthy tailgate food hacks that don't sacrifice flavor.

Menstruation facts for everyone

Important menstrual cycle information for every stage of life.

Bullying? Or just mean?

Learn how to identify bullying behavior and what you can do about it.

Find the entire **Fall** issue [here!](#)

Mental health awareness

ADHD often looks different in women vs. men. Women tend to be more inattentive and less hyperactive, so it's often underdiagnosed in females. Learn more about the symptoms of [ADHD in women](#) and how it's diagnosed and treated.