

Student Health Center

Presents

THE CYCLE

Circular

Volume 1
Issue 2



Thank you for signing up for The Cycle. We hope you enjoy your products. This circular will come to you monthly with tips, tricks, and more all about menstrual cycles and products. Let us know if you have any questions or concerns.

The Cycle Team

Thanks to this month's Sponsor! Healthy HooHoo

No other wash knows how to take care of your outside parts, while letting your vagina choreograph its own self-cleaning magic. Healthy hooHoo's feminine care products are pH balanced and take care of your vulvovaginal area without stripping, removing, or interfering with any of the good bacteria inside.



Don't Forget

Next Deadline : Nov 3

Next Delivery : Nov 8

Next Pickup : Nov 10





Do you track your cycle?

Researchers have shown that period tracking helps people with cycles understand their bodies, prepare for events like the arrival of a period, and conceive a pregnancy. Importantly, this information is a tool that can be shared with healthcare providers to help them provide personalized care and counsel you about patterns and changes you may notice.

The menstrual cycle can vary based on what a person eats, drinks and does, as well as their overall health status, but when a person's cycle changes abruptly and continues that way, it means something is different. A period might be late because you are pregnant, or it could be caused by other serious changes in your body that should be evaluated by a healthcare provider.

Can we interest you in a Podcast?

The Period Party

The Period Party, hosted by Nicole Jardim, is what happens when you get the world's leading women's health experts unscripted, uncensored, and on the air. Think of it as girl talk gone menstrual!

Period Chats

Let's talk about menstruation and women's health! Join Kate Morton dietitian and Funk It Wellness founder to dig into society's impact on women's health.



Did you like your sample?

Sign up for the Healthy HooHoo newsletter for a chance to win a free Gentle Feminine Wash and free Individually Wrapped Wipes. Scan the QR code to sign up!



Thanks for reading this month's Cycle Circular. We hope you enjoyed it. Check back next month for more information. Want to see something in the circular? Let us know on your orderform.