




Women's Health (Click the icons to link to resources)

		Period Tracker	Tracks period, mood, symptoms & fertility	Free
		Happiness in Body and Soul	By Eve Ensler	Free

KEY



App available for download from Google Play



App available for download from the Apple Store



YouTube video



Book



Ted Talk video



Website



MP3 file



Article can be downloaded as a PDF



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Please note that while every effort has been made by the Counseling Center to provide a list of helpful resources, we do not guarantee the effectiveness of the resources provided. Your discretion is advised.