



Schedule of Events

All events are free unless otherwise noted.
 For location addresses, please see reverse.
 Some events require registration.

Shifting Gears

Making the decision to build your family now, or in the future, can include a lot of steps, but the likelihood is that once you've made the commitment, you expect the process to go smoothly. For **1 in 6 couples**, that's not exactly what happens and, if you're in fertility treatment, that doesn't always go as expected either. How do you switch gears when faced with options that you didn't choose and didn't necessarily want? Making the decision to pick up the phone and make that first call, come in for an appointment, take medication, do an IUI, then possibly move onto IVF, consider either a sperm or egg donor – within all these shifts you can to potentially get stuck. **Let us help you get unstuck, switch gears, and reach your goal – a baby.**

FEBRUARY 2019

Learn

FACEBOOK LIVE / INSTAGRAM LIVE EVENT

Shifting from "TTC to Fertility Treatment?" | We're Here to Help

Wednesday, February 27 at 7:00pm

Find us on Facebook at [@RMACT](#) and Instagram at [fertility_rmact](#)

Grow

Fertile Yoga

Danbury: Tuesday, February 5 at 5:45pm
 Norwalk: Wednesday, February 6 at 5:45pm
 Stamford: Thursday, February 7 at 5:45pm
 Trumbull: Wednesday, February 13 at 5:45pm

Support

Third Party: Drop-In Support Group

(RMA of CT patients only)
 Norwalk: Friday, February 1 at 7:30am

Fertility: Drop-In Support Group

(RMA of CT patients only)
 Norwalk: Friday, February 8 at 7:30am
 Stamford: Monday, February 11 at 5:30pm

Couples Night In

Norwalk: Weds, February 6 at 6:30pm

Ladies Night In

Danbury: Tuesday, February 5 at 6:30pm
 Stamford: Thursday, February 7 at 6:30pm
 Trumbull: Weds, February 13 at 6:30pm



Cynthia Murdock MD, Mark Leondires MD, Spencer Richlin MD, Joshua Hurwitz MD, Ilana Ressler MD, Shaun Williams MD

All RMA of Connecticut physicians are board certified in Obstetrics and Gynecology and Reproductive Endocrinology and Fertility.



RMA of Connecticut's Fertility & Wellness program is provided to support patients' physical, emotional and mental well-being while undergoing fertility treatment.

Support

Third Party Reproduction: A Drop-In Support Group

This group welcomes people in all stages of their family building process – from thinking about moving forward using an egg and/or sperm donor to choosing a donor, to beginning your cycle and finally, to parenting. Facilitated by Lisa Schuman, LCSW. For information & questions, please call 203-750-7407.

Norwalk: RMACT Office 761 Main Avenue Suite 200

Fertility: A Drop-In Support Group (RMACT Patients)

If you are a patient at RMACT, we invite you to join us for this drop-in support group, facilitated by Lisa Schuman, LCSW. For information & questions, please call 203-750-7407.

Norwalk: RMACT Office 761 Main Avenue Suite 200

Stamford: RMACT Office 260 Long Ridge Road Suite A

Ladies Night In / Couples Night In

This peer support group is free of charge and open to the public. It is facilitated by Lisa Rosenthal, a former fertility patient, and fosters support, conversation and comradery amongst many infertility patients. Please RSVP for this group to Lisa by emailing lrosenthal@rmact.com. Dinner is provided.

Danbury: RMACT Office 103 Newtown Road Suite 1A

Norwalk: RMACT Office 761 Main Avenue Suite 200

Stamford: RMACT Office 260 Long Ridge Road Suite A

Trumbull: RMACT Office 115 Technology Drive Suite C 200

Learn

FACEBOOK LIVE / INSTAGRAM LIVE EVENT:

Shifting from “TTC to Fertility Treatment?” | We’re Here to Help

Wednesday, February 27 at 7:00pm

Moving from fertility testing to IUI, to IVF, adding medication, procedure, surgery? **Joshua Hurwitz, M.D.** and one of our fabulous fertility nurses, **Kirsten**, are here to prevent you from having to reinvent the wheel. Join Dr. Hurwitz and Kirsten for a Facebook Live/ Instagram Live on 2/27 at 7:00 pm to hear more about the simple steps to take. These steps will enable you to move closer to your ultimate goal – having a baby.

Find us on Facebook at **@RMACT** and Instagram at **fertility_rmact**

Grow

All yoga classes will be led by Lisa Rosenthal RYT (Registered Yoga Teacher). Lisa is a former fertility patient with a long history of serving as a national patient advocate for couples experiencing challenges with fertility.

Fertile Yoga

Yoga, meditation and deep relaxation can help you make more satisfying decisions, communicate more clearly with your partner & doctor, and sustain treatment with a more positive perspective. Please wear comfortable clothing and bring a yoga mat and bottle of water. Please register: fertileyoga@gmail.com.

Danbury: RMACT Office 103 Newtown Road Suite 1A

Norwalk: RMACT Office 761 Main Avenue Suite 200

Stamford: RMACT Office 260 Long Ridge Road Suite A

Trumbull: RMACT Office 115 Technology Drive Suite C 200