



## #PathToFertility

## Schedule of Events

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

Summer is winding down and the entire team at RMACT encourages you to soak up the sun (with SPF, of course!) and enjoy the rest of these gorgeous summer days. We also hope to inspire you to start laying the groundwork for fertility success this fall. Even prior to your initial consultation and treatment, be proactive by making choices that will help increase the chance of a successful fertility cycle AND improve the health of your baby. Making changes, even a few small ones, for 90 days before conception can have such a positive impact on your fertility outcome that we are inviting you to join us all month long. We will share suggestions and targeted self-care practices that are easily incorporated into your daily routine – regardless of the stage of family building you are in.

# AUGUST 2018

## Learn

**f** FACEBOOK VIDEO SERIES

### Beyond the White Coat

See back for viewing schedule

No registration necessary

**f** FACEBOOK VIDEO SERIES

### How to...Lay the Groundwork for Fertility Success

Every Friday in August at 12:00pm

No registration necessary

## Grow

### Fertile Yoga

Trumbull: Wednesday, August 1 at 5:45pm

Norwalk: Thursday, August 2 at 5:45pm

Danbury: Tuesday, August 7 at 5:45pm

## Support

### Third Party: Drop-In Support Group

Norwalk: Friday, August 3 at 7:30am

### Fertility: Drop-In Support Group

(RMACT Patients)

Norwalk: Friday, August 10 at 7:30am

### Ladies Night In

Trumbull: Wednesday, August 1 at 6:45pm

Norwalk: Thursday, August 2 at 6:45pm

Danbury: Tuesday, August 7 at 6:45pm



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.



To help support patients' physical, emotional and mental well being while undergoing infertility treatment, RMACT offers its Integrated Fertility & Wellness Program (IFW). Our services can

help both men and women improve their coping skills, decrease stress, and achieve an overall improved sense of well being.

## 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

### Ladies 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

Trumbull: RMACT Office 115 Technology Drive Suite C 200

## Learn

**f** FACEBOOK VIDEO SERIES:

### Beyond the White Coat

Ever wonder who the person behind the white coat really is? RMACT's brand-new video series, entitled "Beyond the White Coat," provides a rare opportunity to learn about your fertility doctor before you even meet them or learn more about your current RMACT physician. Get to know all six of RMACT's dedicated board certified reproductive endocrinologists who work unwaveringly to help patients achieve their family building goals. They answer professional questions, such as what RMACT means to them, and they also share personal, little known insights into their lives outside the office. Check the schedule below to see when your favorite physician(s)'s video will air.

**Dr. Mark Leondires – Tuesday, August 7 at 12:00pm**

**Dr. Spencer Richlin – Thursday, August 9 at 12:00pm**

**Dr. Joshua Hurwitz – Tuesday, August 14 at 12:00pm**

**Dr. Cynthia Murdock – Thursday, August 16 at 12:00pm**

**Dr. Shaun Williams – Tuesday, August 21 at 12:00pm**

**Dr. Ilana Ressler – Thursday, August 23 at 12:00pm**

**f** FACEBOOK VIDEO SERIES:

### How to...Lay the Groundwork for Fertility Success

There is no denying the intense frustration, sadness, anger and excitement that often comes from trying to conceive (TTC), month after month, and not seeing a positive pregnancy test. (There's a reason that infertility is so often pictured as a roller coaster!) Whether you've given it a go on your own and are ready to schedule a fertility consultation or you need some extra support while actively pursuing fertility treatment, check out this RMACT video series every Friday at 12:00pm, designed to help you lay the groundwork for fertility success. Topics include: what you need to consider when researching the best fertility practice for yourself, preparing for your initial consultation and being proactive to optimize your chance of success.

**Every Friday in August at 12:00pm**

## 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

Trumbull: RMACT Office 115 Technology Drive Suite C 200