



Schedule of Events

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

Success

Success sometimes comes from one big leap; it can also come from taking smaller and well-timed steps. Those steps aren't the same for everyone, it's the movement towards the goal that matters – a healthy pregnancy and baby. Success is defined as “the accomplishment of an aim or purpose” and breaking success into smaller pieces can make the fertility treatment journey much more manageable. Honor each thing you learn and know that it all adds to your ultimate family building success story.

MARCH 2019

Learn

FACEBOOK LIVE

Endometriosis | Talking About the Basics

Thursday, March 14 at 11:30 am
 Find us on Facebook at @RMACT

Grow

Fertile Yoga

Danbury: Tuesday, March 12 at 5:45pm
 Trumbull: Wednesday, March 20 at 5:45pm
 Norwalk: Thursday, March 21 at 5:45pm
 Stamford: Wednesday, March 27 at 5:45pm

Support

Third Party: Drop-In Support Group

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

Fertility: Drop-In Support Group

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

Ladies Night In

Danbury: Tuesday, March 12 at 6:30pm
 Trumbull: Wednesday, March 20 at 6:30pm
 Norwalk: Thursday, March 21 at 6:30pm
 Stamford: Wednesday, March 27 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

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 :

Endometriosis | Talking About the Basics

Thursday, March 14 at 11:30 am

Shaun Williams, MD, and **Casey Berna, CSW**, were so terrific together last year that we brought them together again in honor of Endometriosis Awareness Month. A lot has happened in a year, join us to learn about symptoms, diagnosis and treatment advancements. Please email lrosenthal@rmact.com if you'd like to ask questions in advance!

Find us on Facebook at **@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