



#FertilityFocused

Schedule of Events

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

Fall is in full bloom, literally. We hope you're taking some time to enjoy all that this season has to offer: apple picking, the changing colors of the leaves, pumpkin spice everything, and cozy sweaters. While you take time to breathe in the crisp, fall air, we also hope you're taking a breath to realign your focus on your family building dreams. This month, and every month, the RMA of Connecticut team has one goal: to help you achieve the family you desire. We understand pursuing fertility treatment can be a stressful and tiresome process, (it can also feel exciting – knowing that each procedure is bringing you closer to your baby!) and we are here to help keep your focus on that goal, regardless of what stage you're in. Join us all month long for tips on how you can keep a laser focus on your fertility path – without ever veering off course.

OCTOBER 2018

Learn

f FACEBOOK VIDEO
Beyond the White Coat: Physician Assistant Edition
 Wednesday, October 10 at 12:00pm

f FACEBOOK VIDEO
Beyond the Blood Draw
 Wednesday, October 17 at 12:00pm

f FACEBOOK LIVE
Beyond the First Attempt
 Wednesday, October 24 at 7:00pm

Grow

Fertile Yoga
 Stamford: Monday, October 15 5:45pm
 Danbury: Tuesday, October 16 at 5:45pm
 Trumbull: Wednesday, October 17 at 5:45pm
 Norwalk: Thursday, October at 18 5:45pm

Support

**Third Party:
 Drop-In Support Group**
 Norwalk: Friday, October 5 at 7:30am

**Fertility:
 Drop-In Support Group**
 (RMACT Patients)
 Norwalk: Friday, October 12 at 7:30am

Ladies Night In
 Stamford: Monday, October 15 6:30pm
 Danbury: Tuesday, October 16 at 6:30pm
 Trumbull: Wednesday, October 17 at 6:30pm
 Norwalk: Thursday, October 18 at 6:30pm



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

Stamford: RMACT Office 260 Long Ridge Road Suite A

Trumbull: RMACT Office 115 Technology Drive Suite C 200

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

Learn

SAVE THE DATES

Physician Assistant Week: October 6-12

Medical Assistant Week: October 15-19

Follow us on Instagram (@fertility_rmact) for some behind the scenes photos!

f FACEBOOK VIDEO:

Beyond the White Coat: Physician Assistant Edition

Ever wonder who the woman behind the P.A. credentials really is? RMA of Connecticut continues their video series entitled "Beyond the White Coat" this month featuring Diana D'Amelio, Physician Assistant. Tune in on Wednesday, October 10th at 12:00pm to learn more about our beloved Diana and her various roles at the practice. She will answer professional questions, such as what RMA of Connecticut means to her and personal, little known insights into her life outside the office. After watching this video, we know you'll adore Diana as much as we do!

Wednesday, October 10 at 12:00pm

f FACEBOOK VIDEO:

Beyond the Blood Draw

Coming in every other day for blood work and an ultrasound can be an added stressor to your already full schedule, but the friendly faces that greet you for these appointments, our wonderful Medical Assistants (M.A.s), aim to make your experience as pleasant as possible. They get to know you and your cycle, and they are consistent – always rooting you on. Now, we want to offer YOU the chance to get to know these fantastic women in our newest Facebook video entitled, "Beyond the Blood Draw." In recognition of National Medical Assistant Awareness Week, RMA of Connecticut invites you to tune in on Wednesday, October 17th at 12:00pm to learn more about what motivates RMA of Connecticut's medical assistants, what they love most about their jobs, and more. We guarantee – this is a must see!

Wednesday, October 17 at 12:00pm

f FACEBOOK LIVE:

Beyond the First Attempt

It's no secret that pursuing fertility treatment can feel very daunting, especially when it's your very first attempt. Everything's brand new and you're unsure of what to expect. It's hard to avoid having a million thoughts/questions/concerns racing through your mind. Balancing an open mind and optimism of success with the realistic understanding that there may not be a positive pregnancy test is challenging. You may even end up wondering, "Will it ever work?" Because you are not alone in these feelings, RMA of Connecticut invites you to join **Dr. Joshua Hurwitz**, Reproductive Endocrinologist, and **Chelsea Merwin**, Patient Navigator, for a Facebook Live discussion that dives into the best ways to continue past the first attempt, if necessary, and keep going until you get the positive result we all hope for!

Wednesday, October 24 at 7:00pm