

RMA of Connecticut

SCHEDULE OF EVENTS



Reproductive Medicine Associates

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

FEBRUARY 2020

Learn

INSTAGRAM TAKEOVER

A Day in the Life of the Marketing Team

Ever wonder who the team is behind the camera? It's finally time to meet our marketing team. Get to know the team members, their roles and what they all do on a daily basis!

Tuesday, February 11 – All Day

Follow along @fertility_rmact

Move

Fertile Yoga with Lisa Rosenthal

Danbury: Tuesday, February 4 at 5:45pm

♥ Couples Fertile Yoga – Norwalk: Thursday, February 13 at 5:45pm

Trumbull: Wednesday, February 19 at 5:45pm

Stamford: Thursday, February 27 at 5:45pm

RSVP: lrosenthal@rmact.com

Support

Ladies Night In with Lisa Rosenthal

Danbury: Tuesday, February 4 at 6:30pm

♥ Couples Night In – Norwalk: Thursday, February 13 at 6:30pm

Trumbull: Wednesday, February 19 at 6:30pm

Stamford: Thursday, February 27 at 6:30pm

RSVP: lrosenthal@rmact.com

Drop-In Support Group with Lisa Schuman, LCSW

Stamford: Monday, February 3 at 5:30pm

Norwalk: Friday, February 21 at 7:30am

Norwalk: Friday, February 28 at 7:30am

For more information, visit: rmact.com/events

For weather related updates, keep an eye on our social channels.

All events are free and take place at the RMA of CT office indicated, unless otherwise noted.

NORWALK

761 Main Avenue Suite 200
Norwalk, CT 06851

DANBURY

103 Newtown Road Suite 1A
Danbury, CT 06810

STAMFORD

260 Long Ridge Road Entrance B
Stamford, CT 06902

TRUMBULL

115 Technology Dr. Suite C200
Trumbull, CT 06611

rmact.com



800-865-5431

Integrated Fertility & Wellness

Fertility acupuncture and nutrition and reproductive counseling are available by appointment.

Our Acupuncturists

Amy Matton, MSTOM, LAc 203-858-6286

Elaine Malin, MTCM, LAc 203-450-0230

Melissa Morone Sommer, MSAc, LAc 203-536-7394

Please call directly to schedule an appointment.

Our Nutritionist

Jill Hickey, RDN

Our Reproductive Counselors

Lisa Schuman, LCSW

Melissa Kelleher, LCSW

Please contact your Patient Navigator to schedule an appointment for nutrition or reproductive counseling.

Support

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 Ave. Suite 200

Stamford: RMACT Office 260 Long Ridge Rd. 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 Rd. Suite 1A

Norwalk: RMACT Office 761 Main Ave. Suite 200

Stamford: RMACT Office 260 Long Ridge Rd. Entrance B

Trumbull: RMACT Office 115 Technology Dr. Suite C200

For weather related updates,
keep an eye on our social channels.

Move

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: lrosenthal@rmact.com.

Danbury: RMACT Office 103 Newtown Rd. Suite 1A

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Stamford: RMACT Office 260 Long Ridge Rd. Entrance B

Trumbull: RMACT Office 115 Technology Dr. Suite C200

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