



#DontCookYourBalls

In honor of Men's Health Awareness Month, RMACT is dedicating the month of June to all the men in our lives. Whether it be a family member, a spouse or a friend, we are going to put them first this month and focus on their health. Why? Because according to MensHealthNetwork.org, "men live about 5 years less than women and they make 1/2 as many physician visits for prevention than women". Isn't that crazy? RMACT wants to help change these statistics by encouraging men to become their own advocates, make regular check-ups and talk about/seek treatment for their complaints. We invite you to follow us on social media all month long for ways you can help the men in your life fine tune their health.

Schedule of Events

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

JUNE 2018

Learn

FACEBOOK LIVE EVENT

Surviving Father's Day – Because Men Hurt, Too

Tuesday, June 12 at 7:00pm

No registration necessary

Grow

Fertile Yoga

Danbury: Tuesday, June 5 at 5:45pm

Trumbull: Wednesday, June 6 at 5:45pm

Norwalk: Thursday, June 7 at 5:45pm

Support

Third Party: Drop-In Support Group

Norwalk: Friday, June 1 at 7:30am

Fertility: Drop-In Support Group

(RMACT Patients)

Norwalk: Friday, June 15 at 7:30am

Ladies Night In

Danbury: Tuesday, June 5 at 6:45pm

Trumbull: Wednesday, June 6 at 6:45pm

Norwalk: Thursday, June 7 at 6:45pm

Norwalk, CT | Danbury, CT | Stamford, CT | Trumbull, CT | Poughkeepsie, NY

www.rmact.com



800-865-5431



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 LIVE EVENT:

Surviving Father's Day – Because Men Hurt, Too

Men are often a forgotten piece of the equation during fertility treatment. Typically, they need to undergo less testing and procedures and infertility is often (incorrectly) thought of as a "woman's" problem. In fact, male factor infertility accounts for about 30-35% of problems in those #TTC, about the same is true for women. That brings us to Father's Day, a day where many men feel sad AND isolated because they're not fathers yet and they're not necessarily talking about it. We're going to hear the thoughts and feelings from one daddy yet to be about what this day means to him. Join Patient Advocate Lisa Rosenthal and Dan Houle, co-writer of "Where's the Fu#\$king Stork?", as they share thoughts and yes, feelings, on how to manage a day that can feel like a bear.

Tuesday, June 12 at 7:00pm

No registration necessary



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