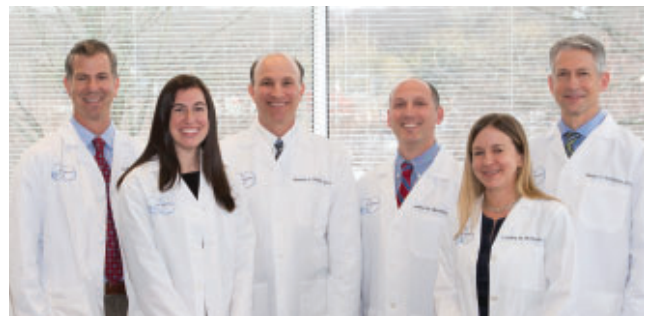




Reproductive Medicine Associates



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

# MAY 2019

## Learn

**What's Your Real Fertility Age?**  
Thursday, May 2  
Open House (6-8 PM): RMACT Stamford  
RSVP: [rmact.com/fertilityage](http://rmact.com/fertilityage)

**Egg Freezing Webinar**  
Tuesday, May 21 7:00-7:30 PM  
RSVP: [rmact.com/egg-freezing-webinar](http://rmact.com/egg-freezing-webinar)

**INSTAGRAM TAKEOVERS**  
Follow along @fertility\_rmact  
**National Nurses Week:  
A Day in the Life**  
Monday, May 6  
**RESOLVE Org.'s Advocacy Day  
in Washington, D.C.**  
Tuesday, May 15 - Wednesday, May 16

## Grow

**Fertile Yoga**  
Stamford: Wednesday, May 1 at 5:45pm  
Trumbull: Thursday, May 2 at 5:45pm  
Danbury: Tuesday, May 7 at 5:45pm  
Norwalk: Thursday, May 9 at 5:45pm

## Support

**Ladies Night In**  
Stamford: Wednesday, May 1 at 6:30pm  
Trumbull: Thursday, May 2 at 6:30pm  
Danbury: Tuesday, May 7 at 6:30pm  
Norwalk: Thursday, May 9 at 6:30pm

**Third Party: Drop-In Support**  
(RMA of CT patients only)  
Norwalk: Friday, May 3 at 7:30 am

**Fertility Drop-In Support Group**  
(RMA of CT patients only)  
Stamford: Monday, May 6 at 5:30 pm  
Norwalk: Friday, May 10 at 7:30 am

For more information, visit: [rmact.com/events](http://rmact.com/events)

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 Suite A  
Stamford, CT 06902

**TRUMBULL**  
115 Technology Dr. Suite C200  
Trumbull, CT 06611

[www.rmact.com](http://www.rmact.com)



800-865-5431

# Acupuncture and Nutrition Counseling

Fertility acupuncture and nutrition 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 Nutritionists

Carolyn R. Gundell, MS

Jill Hickey, RDN

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

## Support

### Third Party Reproduction: A Drop-In Support Group (RMACT Patients)

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 Ave. 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 Ave. Suite 200

Stamford: RMACT Office 260 Long Ridge Rd. 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](mailto: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. Suite A

Trumbull: RMACT Office 115 Technology Dr. 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](mailto:fertileyoga@gmail.com).

Danbury: RMACT Office 103 Newtown Rd. Suite 1A

Norwalk: RMACT Office 761 Main Ave. Suite 200

Stamford: RMACT Office 260 Long Ridge Rd. Suite A

Trumbull: RMACT Office 115 Technology Dr. Suite C 200



FERTILITY & WELLNESS

[www.rmact.com](http://www.rmact.com)