

# 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.

## OCTOBER 2019

### Learn

#### IN PERSON EVENT

#### **What's Your Real Fertility Age**

Wednesday, October 2 – 5:30-8:00pm – RMA of CT Danbury office  
Registration required: [rmact.com/fertilityage](http://rmact.com/fertilityage)



#### INSTAGRAM TAKEOVER

#### **PA Week: A Day in the Life of Diana D'Amelio, RPA-C**

Monday, October 7 – All Day  
Follow along @fertility\_rmact

### Move

#### **Fertile Yoga** with Lisa Rosenthal

Danbury: Tuesday, October 1 at 5:45pm

Stamford: Thursday, October 3 at 5:45pm

♥ Couples Fertile Yoga – Norwalk: Thursday, October 10 at 5:45pm  
Trumbull: Wednesday, October 23 at 5:45pm

### Support

#### **Ladies Night In** with Lisa Rosenthal

Danbury: Tuesday, October 1 at 6:30pm

Stamford: Thursday, October 3 at 6:30pm

♥ Couples Night In – Norwalk: Thursday, October 10 at 6:30pm  
Trumbull: Wednesday, October 23 at 6:30pm

#### **Drop-In Support Group** with Lisa Schuman, LCSW

(Open to all RMA of CT patients)

Norwalk: Friday, October 4 at 7:30am

Stamford: Monday, October 7 at 5:30pm

Norwalk: Friday, October 18 at 7:30am

#### **Pregnancy After Infertility** with Lisa Rosenthal

Norwalk: Thursday, October 24 at 6:00pm

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 Entrance B  
Stamford, CT 06902

#### TRUMBULL

115 Technology Dr. Suite C200  
Trumbull, CT 06611

[rmact.com](http://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 Nutritionists

Carolyn R. Gundell, MS

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](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. Entrance B

Trumbull: RMACT Office 115 Technology Dr. Suite C200

### Pregnancy After Infertility

Finally pregnant, so all's perfect, right? Yes, but it's often surprising that some of the stress created by infertility doesn't automatically disappear. Whether it's previous miscarriages or fertility treatment itself, many people find that they need a segue way between infertility and pregnancy. **Lisa Rosenthal**, founder, and facilitator of Ladies Night In will provide specific tools for this new, happy and important stage.

## 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: [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. Entrance B

Trumbull: RMACT Office 115 Technology Dr. Suite C200

Please join us at Fertile Yoga & Couples Night In throughout 2019 to participate in an anonymous research study! Contact Lisa Rosenthal for more information: [lrosenthal@rmact.com](mailto:lrosenthal@rmact.com)



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