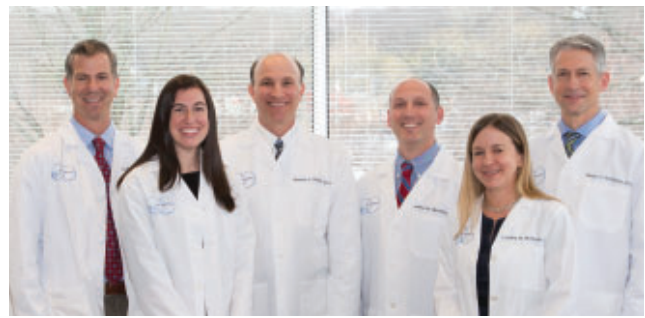




Reproductive Medicine Associates



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

SEPTEMBER 2019

Learn

FACEBOOK LIVE EVENT

Fertility Foods

featuring **Dr. Ilana Ressler & Elizabeth Shaw, MS, RDN, CPT**

Monday, September 9 at 11:00am
on Facebook @RMACT & @Bumps2Baby

PCOS VIDEO SERIES

Top Form @ the Dorm

PCOS management tips and how to live your best life at college.

Videos released each week:
rmact.com/pcos-awareness-month-2019

SPECIAL LIVE EVENT

Pregantish Event: A Night of Comedy & Real Talk About Fertility

Monday, September 16 at 7:00-9:00 pm – Stamford CT
Limited tickets available for purchase: bit.ly/pregantishevent

Grow

Fertile Yoga with Lisa Rosenthal

Stamford: Thursday, September 5 at 5:45pm

Trumbull: Tuesday, September 10 at 5:45pm

♥ Couples Fertile Yoga – Norwalk: Thursday, September 12 at 5:45pm
Danbury: Tuesday, September 17 at 5:45pm

Support

Ladies Night In with Lisa Rosenthal

Stamford: Thursday, September 5 at 6:30pm

Trumbull: Tuesday, September 10 at 6:30pm

♥ Couples Night In – Norwalk: Thursday, September 12 at 6:30pm
Danbury: Tuesday, September 17 at 6:30pm

Drop-In Support Group with Lisa Schuman, LCSW

(Open to all RMA of CT patients)

Norwalk: Friday, September 6 at 7:30am

Stamford: Monday, September 9 at 5:30pm

Norwalk: Fri, September 20 at 7:30am

For more information, visit: 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

www.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. 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

Learn

Pregantish Event: A Night of Comedy & Real Talk About Fertility

Join us for an evening of comedy, mingling, light bites and a must-see fertility-expert panel! RMA of CT's very own **Dr. Spencer Richlin** and **Lisa Rosenthal** will panelists at the Pregantish event, an infertility community night created by **Andrea Syrtash**.

Monday, September 16 from 7:00-9:00 pm in Stamford, CT

Information & tickets: bit.ly/pregantishevent

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 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



FERTILITY & WELLNESS

www.rmact.com