



Schedule of Events

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

Fertility Testing

Fertility testing is about getting more information about you to help you achieve your goal of having a baby. That's our goal too. The most effective and efficient way to achieve that goal, of a positive pregnancy test and healthy baby is by gathering all relevant information to design the fertility treatment protocol most likely to be successful for you. We know undergoing medical testing can be stressful but don't let that delay your plans, speak to your patient navigator – let her help you through this process and get your testing scheduled.

APRIL 2019

Learn

INSTAGRAM TAKEOVER

Castle Connolly Top Doctor Spencer Richlin, MD: A Day in the Life

Tuesday, April 23 – all day

Find us on Instagram at [@fertility_rmact](#)

INSTAGRAM TAKEOVER

Lab Uncovered

Wednesday, April 24 – all day

Find us on Instagram at [@fertility_rmact](#)

IN PERSON EVENT

Fertility Advocacy Evening for Family & Friends

Thursday, April 25 6:00-7:00 pm – Norwalk

Grow

Fertile Yoga

Danbury: Tuesday, April 2 at 5:45pm

Stamford: Thursday, April 4 at 5:45pm

Trumbull: Wednesday, April 10 at 5:45pm

Norwalk: Thursday, April 11 at 5:45pm

Support

Third Party: Drop-In Support Group

(RMA of CT patients only)

Norwalk: Friday, April 5 at 7:30am

Fertility: Drop-In Support Group

(RMA of CT patients only)

Stamford: Monday, April 8 at 5:30pm

Norwalk: Friday, April 12 at 7:30am

Ladies Night In

Danbury: Tuesday, April 2 at 6:30pm

Stamford: Thursday, April 4 at 6:30pm

Trumbull: Wednesday, April 10 at 6:30pm

Norwalk: Thursday, April 11 at 6:30pm

Learn

INSTAGRAM TAKEOVER

Castle Connolly Top Doctor Spencer Richlin, MD: A Day in the Life

Tuesday, April 23 – all day

Each of our doctors are board-certified reproductive endocrinologists, but do you ever wonder what makes them each a little different? Tune into our Instagram Takeover featuring **Dr. Spencer Richlin**. He will walk you through his daily routine and might even let you in on some exciting news about our newest addition, Fertility U – so stay tuned!

Find us on Instagram at [@fertility_rmact](https://www.instagram.com/fertility_rmact)

INSTAGRAM TAKEOVER

Lab Uncovered

Wednesday, April 24 – all day

There are many elements that make up our practice. A vital piece is our in-house Andrology and Endocrinology Laboratory. Each person within this team plays a key role in helping you get closer and closer to your goal – a baby. Spend the day on Instagram with our amazing lab staff to get a closer look at how important each and every one of them is to the success of our practice.

Find us on Instagram at [@fertility_rmact](https://www.instagram.com/fertility_rmact)

IN PERSON EVENT

Fertility Advocacy Evening for Family & Friends

Thursday, April 25 – 6:00-7:00 pm RMACT Norwalk Office

When we come together, our voice becomes more powerful. And let's face it, infertility doesn't feel like empowerment. What do we need you to do? So simple. Sign a letter. Have your friend sign a letter, your colleague, your spouse, your partner, your relative. Last year, the little state of Connecticut delivered over 1,000 letters. Our goal? 4,000. Who's helping get #InfertilityUncovered? Support RESOLVE: The National Infertility Association by joining us for a night of letters, dinner, and fun!

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 Sommer, MSAC, LAC	203-536-7394

Our Nutritionists

Carolyn R. Gundell, MS
Jill Hickey, RDN

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



FERTILITY & WELLNESS

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

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

Stamford: RMACT Office 260 Long Ridge Road 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. Dinner is provided.

Danbury: RMACT Office 103 Newtown Road Suite 1A

Norwalk: RMACT Office 761 Main Avenue Suite 200

Stamford: RMACT Office 260 Long Ridge Road Suite A

Trumbull: RMACT Office 115 Technology Drive 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.

Danbury: RMACT Office 103 Newtown Road Suite 1A

Norwalk: RMACT Office 761 Main Avenue Suite 200

Stamford: RMACT Office 260 Long Ridge Road Suite A

Trumbull: RMACT Office 115 Technology Drive Suite C 200

This month join us for
National Infertility Awareness Week (NIAW)

April 21st to April 27th

