



Coping with the Holidays: an RMACT Seminar Series

Tuesday November 24th

Join Lisa Tuttle, PhD, for an interactive workshop to talk about the common sources of strain, and get helpful advice about how to survive your fertility journey and keep your relationship strong and healthy. Dr. Tuttle has conducted this workshop with hundreds of infertile couples who find it to be a very reassuring and worthwhile evening.

Location: 10 Glover Avenue, Norwalk, CT

Time: 6:30 – 8:00 PM

Saturday December 12th

Join Carolyn Gundell, MS, for an interactive seminar to discuss healthy eating strategies over the holidays and beyond. Carolyn has her M.S. in Nutrition from Columbia University and has over twenty years of experience working with patients with insulin resistance, Diabetes Type 1/Type 2, and metabolic disorders including Polycystic Ovarian Syndrome (PCOS).

Location: 10 Glover Avenue, Norwalk, CT

Time: 10:00 AM – 11:30 AM

Seminars are free for RMA CT patients
Refreshments will be served
Call Cori at 203-750-7492 to RSVP
Space is limited!!