



## Schedule of Events

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

### Transitions, Shifts & Changes

As summer comes to an end, we start preparing ourselves for the transition into Fall. Maybe that means changing over our closets to warmer clothes, getting ready for all things pumpkin spice...it might even mean a transition within your fertility journey. Whether you're taking the first step or shifting within your current fertility treatment, Reproductive Medicine Associates of Connecticut is here to support you through each stage. This month we hope to provide you with helpful information that can assist you in navigating, accepting and even celebrating the transitions you may face.

## AUGUST 2017

### Learn

#### ONLINE EVENT

#### **Immunizations: Prep for a Healthy Pregnancy and Baby**

*Tips for promoting early protection and prevention of illnesses pre-conception and during pregnancy.*

Learn more at  
[www.rmact.com/immunizationevent](http://www.rmact.com/immunizationevent)

#### ONLINE EVENT

#### **Infertility on the Big Screen: Vegas Baby and the High Cost of Infertility**

*Some think an IVF contest sounds crazy, but countless Americans desperate to start a family believed this social media experiment was their only hope.*

**Thursday, August 31 at 7:00pm**  
Register: [www.rmact.com/vegasbaby](http://www.rmact.com/vegasbaby)

### Grow

#### **Fertile Yoga**

Trumbull: Wed, August 2, 9, 16 & 30 at 5:45pm  
Norwalk: Thurs, August 3, 10, 17 & 31 at 5:45pm  
Bethel: Fri, August 4, 11 & 18 at 6:00pm

### Support

#### **Third Party: Drop-In Support Group**

Norwalk: Fri, August 4 at 7:30am

#### **Fertility: Drop-In Support Group**

(RMACT Patients)  
Norwalk: Fri, August 11 at 7:30am

#### **Ladies Night In**

Danbury: Tues, August 1 at 6:00pm  
Trumbull: Wed, August 9 at 6:45pm  
Norwalk: Thurs, August 17 at 6:45pm

Norwalk, CT | Danbury, CT | Stamford, CT | Trumbull, CT | Poughkeepsie, NY

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



800-865-5431



Cynthia Murdock MD, Mark Leondires MD, Spencer Richlin MD, Joshua Hurwitz MD, Ilana Ressler MD, Shaun Williams MD

All RMA of Connecticut physicians are board certified in Obstetrics and Gynecology and Reproductive Endocrinology and Fertility.



To help support patients' physical, emotional and mental well being while undergoing infertility treatment, RMACT offers its Integrated Fertility & Wellness Program (IFW). Our services can

help both men and women improve their coping skills, decrease stress, and achieve an overall improved sense of well being.

## 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).

Bethel: Yogaspace, 78 Stony Hill Road

Norwalk: RMACT Office 761 Main Avenue Suite 200

Trumbull: RMACT Office 115 Technology Drive Suite C 200

Stamford: RMACT Office 1290 Summer St #3200

## Learn

### Immunizations: Prep for a Healthy Pregnancy and Baby

Conception starts well in advance of an egg & sperm meeting...in fact it starts with the health of the parents-to-be. Prepping for parenthood involves not only healthy choices with food, exercise & sleep, but also being up-to-date with your immunizations. For example, the CDC reminds us that the best protection against rubella is MMR vaccine, but did you know you need it before you get pregnant. Dr. Joshua Hurwitz, Reproductive Endocrinologist & Partner at RMACT, will host a Facebook Live event to discuss which immunizations you need, when you need to get them and why.

For date, time, and to register, visit:

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

### Infertility on the Big Screen: Vegas Baby and the High Cost of Infertility

Thursday, August 31 at 7:00pm

Some think an IVF contest sounds crazy, but countless Americans desperate to start a family believed this social media experiment was their only hope. Join us for a Facebook Live round table discussion featuring several key players in this fascinating documentary. Featuring: Linda Vignapiano, RN for Integrated; Lisa Stark, Chief Media Strategist for Stark Media Strategies; Amanda Micheli, director of Vegas Baby; and our very own Lisa Rosenthal, Patient Advocate, as they discuss the inspiration and origin of the documentary, how it came to life and its effect on conversations surrounding fertility.

Register at:

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

## 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

### Ladies Night In

This peer support group is free of charge and open to the public. It is facilitated by Lisa Rosenthal and Carrie Van Steen, both former fertility patients, and fosters support, conversation and comradery amongst many infertility patients. Please RSVP for this group to Carrie by emailing [cvansteen@rmact.com](mailto:cvansteen@rmact.com). Dinner is provided.

Danbury: RMACT Office 103 Newtown Road Suite 1A

Norwalk: RMACT Office 761 Main Avenue Suite 200

Trumbull: RMACT Office 115 Technology Drive Suite C 200