

June Fertility Awareness Classes at Guiding Star Wakota

All classes in-person at Guiding Star Wakota:
1140 S. Robert St. West St. Paul



GUIDING STAR
— WAKOTA —

SymptoPro Intro Session - \$40

Wednesday, June 8, 6–7 p.m. | Katie Coughlin, RN
Registration required: <https://tinyurl.com/junefa>

Fertility Awareness 101 - FREE

Friday, June 10, 10–11 a.m. | Emily Kirkwold, PharmD
Registration required: <https://tinyurl.com/junefa>

Creighton Model Intro Session - \$40

Saturday, June 11, 10–11 a.m. | Alice Schwantes
Registration required: <https://tinyurl.com/junetcfc>

Fertility Education and Medical Management (FEMM) Intro Session - \$40

Monday, June 13, 6–7 p.m. | Karen Dosh, RN
Registration required: <https://tinyurl.com/junefa>

Medical Advantages of Fertility Awareness - FREE

Tuesday, June 14, 6–7 p.m. | Julie Mickelson, M.D.
Registration required: <https://tinyurl.com/junefa>

Marquette Method Intro Session - \$40

Tuesday, June 21, 2–3 p.m. | Emily Kirkwold, PharmD
Registration required: <https://tinyurl.com/junefa>

Teen FEMM - 3-week series - \$50 total

Begins Thursday, June 23, 10:30–11:30 a.m. | Abby Layer, RN
Continues Thurs. 6/30 and 7/7, 10:30–11:30 a.m.
Registration required: <https://tinyurl.com/junefa>

Who are these classes for?

Free sessions are for women or teens who want to learn more about their menstrual cycles and their fertility.

Intro sessions are for women who would like to start using fertility awareness or who are interested in changing methods.

Follow-up sessions are arranged individually with the instructor.

Financial assistance available upon request

Questions? Email: fertilityawareness@wakota.org