

May 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 —

Fertility Awareness 101 - FREE

Tuesday, May 3, 10–11 a.m. | Emily Kirkwold, PharmD

Registration required: <https://tinyurl.com/maygswfa>

Fertility Awareness for Teens (Parents Welcome!) - FREE

Saturday, May 7, 9–10 a.m. | Emily Kirkwold, PharmD

Registration required: <https://tinyurl.com/maygswfa>

Medical Advantages of Fertility Awareness - FREE

Saturday, May 7, 10–11 a.m. | Julie Mickelson, M.D.

Registration required: <https://tinyurl.com/maygswfa>

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

Tuesday, May 10, 6–7 p.m. | Karen Dosh, RN

Registration required: <https://tinyurl.com/maygswfa>

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

Monday, May 16, 10–11 a.m. | Karen Dosh, RN

Registration required: <https://tinyurl.com/maygswfa>

Marquette Method Intro Session - \$40

Tuesday, May 24, 10–11 a.m. | Emily Kirkwold, PharmD

Registration required: <https://tinyurl.com/maygswfa>

Creighton Model Intro Session - \$40

Tuesday, May 24, 5–6 p.m. | Michelle Werner

Registration required: <https://tinyurl.com/maytcfc>

Fertility Awareness for Teens (Parents Welcome!) - FREE

Tuesday, May 31, 6–7 p.m. | Emily Kirkwold, PharmD

Registration required: <https://tinyurl.com/maygswfa>

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