

July Fertility Awareness Classes at Guiding Star Wakota



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

SymptoPro Intro Session - \$40

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

Fertility Awareness 101 - FREE

Friday, July 8, 10–11 a.m. | Julie Mickelson, MD
Registration required: <https://tinyurl.com/julygswfa>

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

Monday, July 11, 10–11 a.m. | Karen Dosh, RN
Registration required: <https://tinyurl.com/julygswfa>

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