

# October Fertility Awareness Classes at Guiding Star Wakota



GUIDING STAR  
— WAKOTA —

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

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

Tuesday, Oct. 11, 10–11 a.m. | Karen Dosh, RN  
Registration required: <https://tinyurl.com/octgswfa>

## **Fertility Awareness IOI - FREE**

Thursday, Oct. 13, 12–1 p.m. | Emily Kirkwold, PharmD  
Registration required: <https://tinyurl.com/octgswfa>

## **Marquette Method Intro Session - \$40**

Thursday, Oct. 27, 12–1 p.m. | Emily Kirkwold, PharmD  
Registration required: <https://tinyurl.com/octgswfa>

If you are interested in scheduling a class outside of the listed times, please email [fertilityawareness@wakota.org](mailto:fertilityawareness@wakota.org), who will help you coordinate with the instructor's schedule.

## **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](mailto:fertilityawareness@wakota.org)