

# September 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**

## **SymptoPro Intro Session - \$40**

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

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

Monday, Sept. 12, 10–11 a.m. | Karen Dosh, RN  
Registration required: <https://tinyurl.com/septfa>

## **Fertility Awareness 101 - FREE**

Tuesday, Sept. 13, 11 a.m.–12 p.m. | Emily Kirkwold, PharmD  
Registration required: <https://tinyurl.com/septfa>

## **Fertility Awareness for Teens (Parents Welcome!) - FREE**

Saturday, Sept. 17, 10–11 a.m. | Emily Kirkwold, PharmD  
Registration required: <https://tinyurl.com/septfa>

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

Tuesday, Sept. 20, 11 a.m.–12 p.m. | Emily Kirkwold, PharmD  
Registration required: <https://tinyurl.com/septfa>

## **Creighton Model Intro Session - \$40**

Saturday, Sept. 24, 10–11 a.m. | Alice Schwantes  
Registration required: <https://tinyurl.com/tcfcsept>

## **Fertility Awareness in Perimenopause - FREE**

Tuesday Sept. 27, 10–11 a.m. | Julie Mickelson, MD  
Registration required: <https://tinyurl.com/septfa>

## **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)