



GUIDING STAR
— WAKOTA —

November Fertility Awareness Classes at Guiding Star Wakota

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.

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

Fertility Awareness in Perimenopause - FREE

Tuesday, Nov. 1, 6-7 p.m. | Julie Mickelson, MD
Registration required: <https://tinyurl.com/novgswfa>

SymptoPro Intro Session - \$40

Wednesday, Nov. 2, 6-7 p.m. | Katie Coughlin, RN
Registration required: <https://tinyurl.com/novgswfa>

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

Tuesday, Nov. 8, 6-7 p.m. | Karen Dosh, RN
Registration required: <https://tinyurl.com/novgswfa>

Fertility Awareness 101 - FREE

Thursday, Nov. 10, 12-1 p.m. | Julie Mickelson, MD
Registration required: <https://tinyurl.com/novgswfa>

Marquette Method Intro Session - \$40

Saturday, Nov. 19, 9-10 a.m. | Emily Kirkwold, PharmD
Registration required: <https://tinyurl.com/novgswfa>

Fertility Awareness for Teens (Parents Welcome!) - FREE

Saturday, Nov. 19, 10-11 a.m. | Emily Kirkwold, PharmD
Registration required: <https://tinyurl.com/novgswfa>

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

Financial assistance available upon request

Questions? Email: fertilityawareness@wakota.org