



February 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 101 - Free

Tuesday Feb 21, 6-7pm | Karen Dosh, RN

Registration preferred but not Required: <https://www.signupgenius.com/go/10c0f44aea62ea5ffcf8-february1>

SymptoPro Intro Session - \$40

Saturday Feb 11 10-11AM | Katie Coughlin, RN

Registration required: <https://www.signupgenius.com/go/10c0f44aea62ea5ffcf8-february1>

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

Monday, Feb 13, 10-11:30AM | Karen Dosh, RN

Registration required: <https://www.signupgenius.com/go/10c0f44aea62ea5ffcf8-february1>

Marquette Method Intro Session - \$40

Thursday, Feb 16 5-6pm. | Emily Kirkwold, PharmD

Registration required: <https://www.signupgenius.com/go/10c0f44aea62ea5ffcf8-february1>

We are happy to accommodate your schedule with prior request, please email fertilityawareness@wakota.org, who will help you coordinate with the instructor's schedule.

Child Watch Available on weekday 9AM-5PM

Financial assistance available upon request

Questions? Email: fertilityawareness@wakota.org