



March 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

Medical Advantage of Fertility Awareness - Free

Tuesday March 21, 6-7pm | Julie Mickelson

Registration preferred but not required:

<https://www.signupgenius.com/go/10c0f44aea62ea5ffcf8-march1>

SymptoPro Intro Session - \$40

Wednesday March 15, 1-2pm | Katie Coughlin, RN

Registration required: <https://www.signupgenius.com/go/10c0f44aea62ea5ffcf8-march1>

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

Tuesday March 7th, 6-7pm | Karen Dosh, RN

Registration required: <https://www.signupgenius.com/go/10c0f44aea62ea5ffcf8-march1>

Marquette Method Intro Session - \$40

Tuesday March 14 5-6pm | Emily Kirkwold, PharmD

Registration required: <https://www.signupgenius.com/go/10c0f44aea62ea5ffcf8-march1>

Medical Advantage of Fertility Awareness- Free

Tuesday March 21 6-7pm | Julie Mickelson, OBGYN

Registration required: <https://www.signupgenius.com/go/10c0f44aea62ea5ffcf8-march1>

Creighton Method Intro - \$40

Saturday, March 18th 10-11:30am | Alice Schwantes

Registration required: <https://www.tcnfp.org/class-schedule-2/>

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